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PAGE 17

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THE BOYS ARE BACK IN TOWN

Senators, from left, Marc Methot, Clarke MacArthur, Bobby Ryan and Kyle Turris celebrate Erik Karlsson's first-period goal during Thursday night's home opener against the New Jersey Devils. The Senators won 5-2. Go to metronews.ca for more coverage.

FRED CHARTRAND/THE CANADIAN PRESS

Dog beaten with shovel, man charged

Ottawa Humane Society. Breezy in critical condition after being left for dead in dumpster: Police

JOE LOFARO
joe.lofaro@metronews.ca

An Ottawa man is facing several charges after he allegedly beat a Labrador-Shepherd with a shovel and rake Wednesday and left it for dead in a dumpster in Manor Park, police say.

Steven Hefler, 24, was arrested shortly after residents in the neighbourhood east of downtown called 911 to report a man had attacked an 18-month-old dog named Breezy.

Breezy is now clinging to life under care from The Ottawa Human Society (OHS), which treated her immediately after the incident. The dog remains in stable but critical condition with "traumatic wounds and deep lacerations to her head," OHS said in a news release.

"Vets say they are most concerned about potential brain swelling," said OHS.

Hefler is facing one count each of criminal harassment, intimidation, injuring or endangering animals, willfully causing unnecessary pain or suffering or injury to an animal, and two counts of assault with a weapon. Police said when witnesses tried to intervene, the man threatened them with the shovel.

Wednesday was not the first time agents had responded to the address to investigate concerns about Breezy, OHS said.

"A concerned citizen had contacted the OHS about the dog, suggesting Breezy was never seen outside and could occasionally be heard whelping," said OHS. "At the time, no charges were laid."

OHS is assisting Ottawa police with their investigation, which is ongoing.

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TOYOTA

toyota.ca

NEWS 1

Cyclist dies after collision with truck on Merivale Rd.

Witness accounts.
Major roadways closed for hours as police piece together what happened

SEAN MCKIBBON
& JOE LOFARO
ottawa@metronews.ca

A male cyclist died Thursday morning following a collision at the intersection of West Hunt Club and Merivale roads, paramedics said.

According to police, the 38-year-old collided with a large truck just before 8 a.m. and paramedics pronounced him dead at the scene. Police have not released his identity.

A witness to the crash told Metro the collision happened in a southbound turning bay connecting Hunt Club and Merivale as a tanker truck was turning on to Merivale. The witness said he didn't think the truck driver was aware of the collision and continued driving south on Merivale, before being stopped by another witness who chased after in a car.

The witness said an OC Transpo driver got out immediately to give the cyclist assistance, but it was no use.

Another tanker truck belonging to RST Industries was parked on the north side of West Hunt Club Road, but the driver was only a witness and not involved in the crash, a company representative on the scene said.

Merivale Road and West Hunt Club Road were closed for several hours but have since been re-opened.

Police examine the scene of a fatal bike collision at the intersection of West Hunt Club Road and Merivale Road. SEAN MCKIBBON/METRO

Toronto man charged in PMO bomb threat

A bomb threat at the Prime Minister's Office Wednesday led to an extensive evacuation around the Langevin Block. SEAN MCKIBBON/METRO

A Toronto man accused of causing a bomb scare at Prime Minister Stephen Harper's office Wednesday made a brief court appearance in an Ottawa courtroom Thursday and was remanded into custody.

Police allege Mohamoud Jimale, 45, deposited a briefcase and said it was a bomb while threatening a woman at Langevin Block located at 80 Wellington St., across from Parliament Hill. The Prime Minister was not inside the building as police probed the suspicious package.

The RCMP charged Jimale Thursday with uttering death threats and mischief.

A spokesperson for the RCMP would not confirm or deny Thursday the suspicious package contained explosive material, but did say it was "deemed not to pose a threat."

Jimale will be required to see a doctor Friday before making a show-cause appearance in court.

The Ottawa Police Chemical, Biological, Radiological, Nuclear and Explosives (CBRNE) team responded to the building after it was evacuated and assisted the RCMP. Ottawa Police said a robot inspected the briefcase, which rendered it "safe."

A police robotics team was called in to dispose of a package left in the historic Langevin Block just across the street from Parliament Hill as the Conservative government prepared to reconvene Parliament.

Adjoining streets were blocked off and the building, which houses the working offices of the prime minister, was emptied. JOE LOFARO/METRO

What does the throne speech mean for Ottawa?

Weighing in. Reaction of local leaders breaks along party lines, interests of observers

Reaction to Wednesday's throne speech from Ottawa's political, labour and high-tech industries was, predictably, mixed.

Minister of State and Nepean-Carleton MP Pierre Poilievre lauded his government's performance managing the economy, calling it its "crowning achievement" and saying it was the central theme of the speech.

"We've had one million net new jobs since the recession. We have the best job recovery record of any country in the G7," he said. "The speech from the throne announced new job-creation measures that will add to that success."

He also touted the promise of an imminent free-trade deal with the European Union as a measure that will also create jobs and build Canada's economy.

At the same time, he said the speech laid out measures to balance government spending and keep taxes low.

Kanata councillor Allan Hubley agreed that "a lot of the throne speech will benefit Ottawans."

"For example," he wrote in an email interview, "cable and cellphone bills are something that impact many Canadians. Seventy billion in infrastructure funding will certainly help fix our roads, sewers and other assets we all depend on, and the victim of crime legislation and focus on cyber-crime and bullying are things that impact residents either directly or indirectly."

But the government's game plan also took criticism from some for not doing enough to protect consumers in the digital age and for being anti-public service.

Proposed initiatives to protect consumers against hidden credit and debit fees were a good start, said Ottawa Centre MP Paul Dewar, adding that calls for unbundling cable television channels and capping cellphone roaming charges were platform planks the Tories had adopted from his party, the NDP.

Minister of State Pierre Poilievre gets a standing ovation as he responds to a question during question period in the House of Commons on Parliament Hill Thursday. SEAN KILPATRICK/THE CANADIAN PRESS

DENIS ARMSTRONG AND SEAN MCKIBBON/METRO

MP decries 'attack' on public service

Public servants are seen marching below Parliament Hill on a one-day strike pressing demands for a new contract in this 2001 photo. With the federal government now promising to re-write sections of the Public Service Act to streamline its work force and cut costs, the service's union is gearing up for the possibility of a new fight. FRED CHARTRAND/THE CANADIAN PRESS FILE

The government's plan to streamline the public service as outlined in the throne speech has NDP MP Paul Dewar and the head of the Public Service Alliance of Canada on alert.

Dewar called the measures to reform sick leave and cut costs, "the PC government's continuing attack on the public service."

"They talk about cutting the public service and making it more efficient while in the same breath, taking credit for having the best job-creation program in the G7. It's a joke," he said.

PSAC executive vice-president Larry Rousseau said he's very concerned about sick leave.

"It's an issue because there's a lot of stress in the public service today. Fewer staff have to do more, and we're at the breaking point," he said.

"There's nothing in the throne speech I found encouraging. This government is hell-bent on cutting the public service, and the services we provide Canadians. My feeling is that a bad situation is about to get worse."

Minister of State and Nepean-Carleton MP Pierre Poilievre said it's crucial for the continued health of the public service to make cuts now.

Poilievre said the public sector has grown by about 33 per cent over the last decade while the population has grown by 11 per cent.

Poilievres's party has formed the government since 2006.

"In 1970s and '80s, government ballooned and in the 1990s the country ran out of money and had to lay off tens of thousands of people overnight just to keep our head abouve water," Poilievre said.

"The liberal government in 1995 brought in massive draconian job cuts that did serious damage to the Ottawa economy. We never want to get to that point again."

DENIS ARMSTRONG AND SEAN MCKIBBON/METRO

Law. Speech thin on consumer protections for the info age: Professor

For high-tech lawyer Michael Geist, the throne speech did little to prepare the city and its industries for the future.

Michael Geist

"While it pretends to put the consumer first, it really says nothing about privacy issues, video surveillance, patent protection or treaties for the blind, which are all commonplace around the world.

"Canada lags behind the rest of the world this way. Pick-and-pay TV is good, but it doesn't make enough of a commitment to broadband accessibility in rural areas. There's an awful lot the government isn't saying. Altogether, it's a pretty disappointing document."

DENIS ARMSTRONG/METRO

'Common sense approach'

Budget promise gets a business thumbs-up

Business leaders liked the throne speech's stand to make the Canadian market more competitive with less red tape. "Removing interprovincial barriers and working towards common co-operative regulatory systems is also welcomed as a common-sense approach to reducing unnecessary costs," said Shopify's chief platform officer Harley Finkelstein. "The introduction of balanced-budget legislation signals a commitment to fiscal responsibility beneficial to all businesses."

DENIS ARMSTRONG/METRO

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Carl Joyce, left, Carrolyn Pich and James Burgess are seen enjoying shisha in the ByWard Market in this June 2011 file photo. JESSICA SMITH/METRO FILE

Councillor wants shisha bylaw flouters smoked out

Regulatory void. City's smoke free efforts getting stymied by some establishments, says Eli El-Chantiry

As many as 22 Ottawa shisha lounges may be violating the city's smoke-free bylaws by using tobacco in their shisha pipes, the city's community and protective services committee heard Thursday.

Coun. Eli El-Chantiry raised the issue at a meeting of the committee during a presentation of an annual report on the city's bylaw and regulatory services. One item highlighted in the report is the BLRS partnership with Ottawa Public Health (OPH) to get Ottawa's "Smoke-Free Strategy" completed.

Loosely defined, a "shisha" or hookah is a water bowl pipe with a long pliable tube. It is believed to have originated in India and is used to smoke tobacco or other herbs.

Ottawa Public Health (OPH) told Metro both shisha use and the herbs used in them exist in a regulatory void.

Other business owners have contacted El-Chantiry's office, the councillor said, to ask if tobacco use is monitored in the establishments.

While tobacco is regulated, shisha use and the products supplied in shisha lounges are unregulated, Debbie McCulloch, a supervisor with the Tobacco Prevention and Control Unit (TPCU) of Ottawa Public Health (OPH) said.

"As soon as we know there's no tobacco in the pipes," McCulloch added, "Our enforcement ends."

The cost of testing shisha product for tobacco content is prohibitive, at about $2,000 each time.

"We have written to the Ontario Ministry of Health, asking for the scope of the Smoke-Free Ontario Act to be broadened to include shisha use," McCulloch said.

It's very popular with young adults attracted by the social interaction, McCulloch said, adding some people think it's healthier than smoking.

In June 2012 OPH visited 10 shisha lounges. Eight charges related to cigarette use and improperly packaged tobacco were laid against four establishments. MOLLY AMOLI K. SHINHAT/FOR METRO

City celebrates Ottawa Health Day

Eat well, be active and feel good.

That was the message that councillor, chair of the Ottawa Board of Health, and former physical education teacher Diane Holmes delivered at yesterday's opening of the new walk and run routes at Marion Dewar Plaza to officially mark Oct. 17 as Ottawa Health Day.

"It's important to consider how to improve health by making lifestyle changes for the better," said Holmes. "We encourage everyone to share their ideas on Twitter with the hashtag #feelgood."

Foodie celebrity Janet Podleski, co-author of the Looneyspoons cookbooks and host of Food Network Canada's Eat Drink and Be Merry spoke about the importance of cooking your own food, while Dr. Isra Levy, the city's Medical Officer of Health, urged all to adopt an active lifestyle.

"Even parking your car as far away as possible and taking the stairs instead of the elevator are good first steps in developing a healthy lifestyle," he said.

Student Sarah Norton, whose idea it was to make Oct. 17 Ottawa Health Day in the first place, spoke about how good a healthy lifestyle feels.

Meanwhile, Holmes unveiled new 3K, 5K and 10K walk and run routes installed around Marion Dewar Plaza, where 100 runners took part in a 5K walk/run along the Rideau Canal organized by Run Ottawa.

Ottawa Health Day festivities concluded with a free show with Podelski at Centrepointe Theatre.

"A program like this is only the beginning," said Holmes, who walks to work to keep fit. "We need better infrastructure, more sidewalks, safer intersections, so that people can remain more active."

"It took many years for the city to grow into a place for cars. Moving forward, it'll take us just as long to return the city back to the people." DENIS ARMSTRONG/METRO

Dr. Isra Levy, the city's medical officer of health, speaks about the importance of health. METRO

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More people, more noise complaints

'Invisible pollutant.'
Some councillors question whether problems are being handled effectively

MOLLY AMOLI K. SHINHAT
ottawa@metronews.ca

Noise complaints in Ottawa are on the rise as the population grows and gets more dense.

About 16 per cent of calls to Ottawa's Bylaw and Regulatory Services (BLRS) in 2012 were noise complaints. In 2001, some 10,000 noise complaints were logged. In 2012 that rose to about 14,000.

Linda Anderson, chief of Bylaw Services, presented the number in an annual report to Ottawa's community and protective-services committee (CPSC) Thursday morning.

Last year's calls broke down as follows: parking, 37 per cent; animal control, 17 per cent; noise, 16 per cent; and "other," 30 per cent.

Noise complaints increase with population density, Anderson said.

"People keep calling, so call volumes are up," said Coun. Diane Holmes of Ward 14 Somerset. But she questioned whether problems were worse or just not getting dealt with on call No. 1.

In certain wards "for noise, we're issuing charges on call No. 1," Anderson said.

Both Holmes's Ward 14 and Coun. Mathieu Fleury's Ward 12, Rideau-Vanier, are undergoing vigorous intensification, Holmes said. Both wards have a high proportion of tenants.

When asked, Anderson could not provide a breakdown of the calls. Each complaint logged would have to be reviewed to do that, she said.

"Diane and I agree on this," Fleury said. "It all comes down to how we deal with the initial call. If staff can respond in a timely fashion and take action, that's the most valuable thing."

How noise affects us

University of Ottawa Professor Chantal Laroche studies how noise affects human safety, hearing and well-being at work and at home. She offered Metro the following thoughts on noise:

- Noise is an "invisible pollutant."
- With long-term exposure, health affects are insidious and multiple.
- With sleep interference, people may not be fully awakened, but they will feel the effects the next day.
- Individual susceptibility to noise varies significantly.
- It disrupts "quality of life," a key health indicator identified by the World Health Organization (WHO).
- It can disrupt social interaction outdoors.

Fashionistas flock to new H&M in fast-fashion frenzy

Shoppers bustle through the newly opened H&M store at Bayshore Shopping Centre on Thursday after doors opened at the Swedish retail chain's newest location. Store officials said 857 people lined up before the opening at noon, and after the doors opened the line still stretched the length of the mall's first floor. SEAN MCKIBBON/METRO

9 people charged in dragnet: OPP

Five Ontario residents and four from Quebec face numerous charges following an 11-month investigation into drugs and organized crime in eastern Ontario.

Ontario Provincial Police say Project Adelaide began in response to complaints from people in small eastern Ontario communities and also involved Quebec's provincial police.

The OPP says its Organized Crime Enforcement Bureau began last November to gather evidence against a ring they say was involved in distributing cocaine, as well as intimidation, extortion and loan sharking.

Police say the drug ring used a "just in time" delivery model similar to many modern manufacturers and big-box retailers.

Investigators explain that cocaine was sent from Montreal to Mont-Tremblant, Que., to be repackaged for distribution to local traffickers in several eastern Ontario communities, including Ottawa, Carleton Place, Perth, Stittsville, Lombardy and Smiths Falls.

Search warrants

25

The number of search warrants executed by police as part of Project Adelaide.

Police executed 25 search warrants Wednesday in Ontario and Quebec, seizing 2.5 kilograms of cocaine, 1.5 kilograms of hashish, seven vehicles, one handgun and more than $400,000 in cash.

Investigators say they will also be seizing a Robinson R44 helicopter.

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SHOPPERS DRUG MART

Duffy, Wallin, Brazeau.
Ottawa moves to suspend scandal-tainted senators

The Harper government moved Thursday to cauterize the bleeding from the ever-mushrooming Senate expenses scandal.

Claude Carignan, the government's leader in the Senate, introduced motions to suspend Mike Duffy, Pamela Wallin and Patrick Brazeau, three of four senators at the heart of the scandal. The motions would strip the trio of their pay, benefits and Senate resources.

News of the motions came just before government whip John Duncan announced in the House of Commons that Conservative MPs and senators will begin voluntarily disclosing greater details of their expenses.

The twin moves, coming on the first full day of the new parliamentary session, appeared aimed at quelling some of the raging Senate controversy that has engulfed the government for almost a full year.

But opposition parties signalled they won't let up on their relentless attacks on the government's ethics.

NDP ethics critic Charlie Angus won the support of other opposition parties Thursday for his bid to have a Commons committee determine whether Prime Minister Stephen Harper deliberately misled the Commons over the Senate expenses scandal or was deceived by his own staff.

The Senate motions, which will be voted on next week, say the suspensions are necessary to "protect the dignity and reputation of the Senate and the public's trust in Parliament" and refer to the senators' "gross negligence in the management" of parliamentary resources. THE CANADIAN PRESS

Duffy takes leave

Sen. Mike Duffy pre-empted his possible suspension by announcing earlier Thursday that he's taking medical leave due to heart problems.

Sen. Mike Duffy makes his way to the Senate on Parliament Hill on May 28. Duffy, who is at the centre of an ongoing housing-expenses scandal, says he is taking medical leave from the Senate. FRED CHARTRAND/THE CANADIAN PRESS

A burnt police vehicle is seen in Rexton, N.B., after police began enforcing an injunction to end an ongoing demonstration against shale-gas exploration in eastern New Brunswick on Thursday. Police say at least five RCMP vehicles were destroyed after they were set ablaze and at least one shot was fired by someone other than a police officer at the site of the protest. ANDREW VAUGHAN/THE CANADIAN PRESS

'All hell broke loose' in shale-gas protest

New Brunswick.
RCMP say 40 people arrested after cop cars were set ablaze, Molotov cocktails thrown

The RCMP say dozens of people were arrested Thursday after Molotov cocktails were thrown at officers and police vehicles torched when they began enforcing an injunction to end an ongoing demonstration against shale-gas exploration in eastern New Brunswick.

Const. Jullie Rogers-Marsh said at least five RCMP vehicles were destroyed after they were set ablaze and at least one shot was fired by someone other than a police officer at the site of the protest in Rexton.

"The RCMP has worked diligently with all parties involved in hopes for a peaceful resolution. Those efforts have not been successful," Rogers-Marsh said. "Tensions were rising and serious criminal acts were and are being committed."

The Mounties said at least 40 people were arrested for firearms offences, threats, intimidation, mischief and violating the court-ordered injunction.

The RCMP began enforcing the injunction at around 7:30 a.m. to end the blockade of a compound where energy company SWN Resources stores exploration equipment.

The protesters, who include members of the Elsipogtog First Nation, want SWN Resources to stop seismic testing and leave the province.

Robert Levi, a councillor with the Elsipogtog, said he went to the protest site early Thursday after hearing the RCMP had moved in to begin enforcing the injunction.

Levi said police pepper-sprayed dozens of people after 9:30 a.m. when he arrived with the chief and council.

"They sprayed the crowd that was there," he said in an interview. "The chief was manhandled a little bit and all hell broke loose."

THE CANADIAN PRESS

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Protesting students from Paris high schools hold a poster reading "A Parisian equals an Armenian" referring to Khatchik, a recently expelled Armenian boy, during a demonstration in Paris on Thursday, in anger over the expulsion of some immigrant families. FRANCOIS MORI/THE ASSOCIATED PRESS

Paris students protest

France. Students tried to march to the Interior Ministry, but were blocked by riot police

Several hundred French teenagers erected barricades outside their schools and marched through Paris on Thursday to protest the police expulsions of immigrant families — including some of their classmates.

Police sprayed tear gas at a few students throwing projectiles but most marched peacefully, some climbing on bus shelters to shout demands for the interior minister's resignation.

Anger erupted this week over the treatment of a 15-year-old Kosovar girl who was detained in front of classmates on a field trip. The government says her eight-member family had been denied asylum and was no longer allowed to stay in France.

Such expulsions occur regularly around France as the government tries to limit illegal immigration. But the treatment of the girl touched a nerve, with critics saying police went too far and betrayed France's image as a champion of human rights.

The students, saying the expulsions are unfair to children, hope to pressure France's Socialist-led government to allow the girl and a recently expelled Armenian boy to return to France.

The Kosovar girl, Leonarda Dibrani, told The Associated Press from the northern Kosovo city of Mitrovica that France is her home and she wants to return.

THE ASSOCIATED PRESS

Israel. Hezbollah captures endangered eagle, claims espionage

Israeli eagles dangerously endangered by pesticides, electrical wires and poachers now apparently face a new threat: Lebanese Hezbollah guerrillas.

Hezbollah's Al-Manar website recently boasted of capturing an eagle that carried an Israel-labelled transmission device on its back and claimed the bird was an Israeli spy. It said hunters in central Lebanon shot down the bird and found devices on it as well as a copper ring on its leg that reads "Israel" in English followed by letters that refer to Tel Aviv University. The fate of the eagle remains unclear.

Israeli ornithologist Yossi Leshem said Thursday he was tracking the bird for research and was "incredibly frustrated" it was harmed. Leshem, a Tel Aviv university professor, has specialized in the Bonelli's Eagle for decades and said they are in great peril with just nine pairs of mating age remaining in Israel.

"The whole field of conservation is based on regional co-operation and not this nonsense," said Leshem.

THE ASSOCIATED PRESS

Ocean's 17

Spanish police arrest 17 suspects in jewelry heist

Spanish police have arrested 17 people for their role in stealing watches worth 23 million euros ($32 million), resolving one of the country's biggest jewelry heists, police say.

A police statement Thursday said thieves used sophisticated laser equipment to break into a Madrid watch store in broad daylight last year without setting off alarms.

THE ASSOCIATED PRESS

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tico.ca

Air pollution triggers cancer, WHO confirms

A tourist wearing a mask walks on a polluted day in Beijing. The International Agency for Research on Cancer confirmed Thursday that air pollution is a carcinogen. ALEXANDER F. YUAN/THE ASSOCIATED PRESS FILE

Health. Main sources of pollution include transportation, power plants, and industrial and agricultural emissions: Agency

What many commuters choking on smog have long suspected has finally been scientifically validated: Air pollution causes lung cancer.

The International Agency for Research on Cancer declared on Thursday that air pollution is a carcinogen, alongside known dangers such as asbestos, tobacco and ultraviolet radiation. The decision came after a consultation by an expert panel organized by IARC, the cancer agency of the World Health Organization, which is based in Lyon, France.

"The air most people breathe has become polluted with a complicated mixture of cancer-causing substances," said Kurt Straif, head of the IARC department that evaluates carcinogens. He said the agency considers pollution to be "the most important environmental carcinogen," ahead of second-hand cigarette and cigar smoke.

IARC had previously deemed some of the components in air pollution such as diesel fumes to be carcinogens, but this is the first time it has classified air pollution in its entirety as cancer causing.

Previously, pollution had been found to boost the chances of heart and respiratory diseases. THE ASSOCIATED PRESS

Tourism. Vatican official fears pollution will limit access to Sistine Chapel

The head of the Vatican Museums warned Thursday he might be forced to limit the number of visitors to the Sistine Chapel if its new air-conditioning and air-purification systems don't significantly reduce "dangerous" pollution levels.

Antonio Paolucci told a conference that he was confident the new system, which is expected to be operational at the end of 2014, would curb the dust, humidity and carbon dioxide that are dulling and discolouring Michelangelo's frescoed masterpiece.

But he warned: "If this project doesn't work, I'll be forced to impose a limited number (of visitors)."

Some 5.5 million people are expected to visit the Vatican Museums this year.

THE ASSOCIATED PRESS

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Abominable Snowman just an old bear's tale?

Scientist's findings. DNA testing suggests elusive Yeti could be a polar bear hybrid roaming the Himalayas

A British scientist says he may have solved the mystery of the Abominable Snowman — the elusive ape-like creature of the Himalayas. He thinks it's a bear.

DNA analysis conducted by Oxford University genetics professor Bryan Sykes suggests the creature, also known as the Yeti, is the descendant of an ancient polar bear.

Sykes compared DNA from hair samples taken from two Himalayan animals — identified by local people as Yetis — to a database of animal genomes. He found they shared a genetic fingerprint with a polar bear jawbone found in the Norwegian Arctic that is at least 40,000 years old.

Sykes said Thursday that the tests showed the creatures were not related to modern Himalayan bears but were direct descendants of the prehistoric animal.

One of the samples he analyzed came from an alleged Yeti mummy in the Indian region of Ladakh, at the Western edge of the Himalayas, and was taken by a French mountaineer who was shown the corpse 40 years ago. The other was a single hair found a decade ago in Bhutan, 1,300 kilometres to the east.

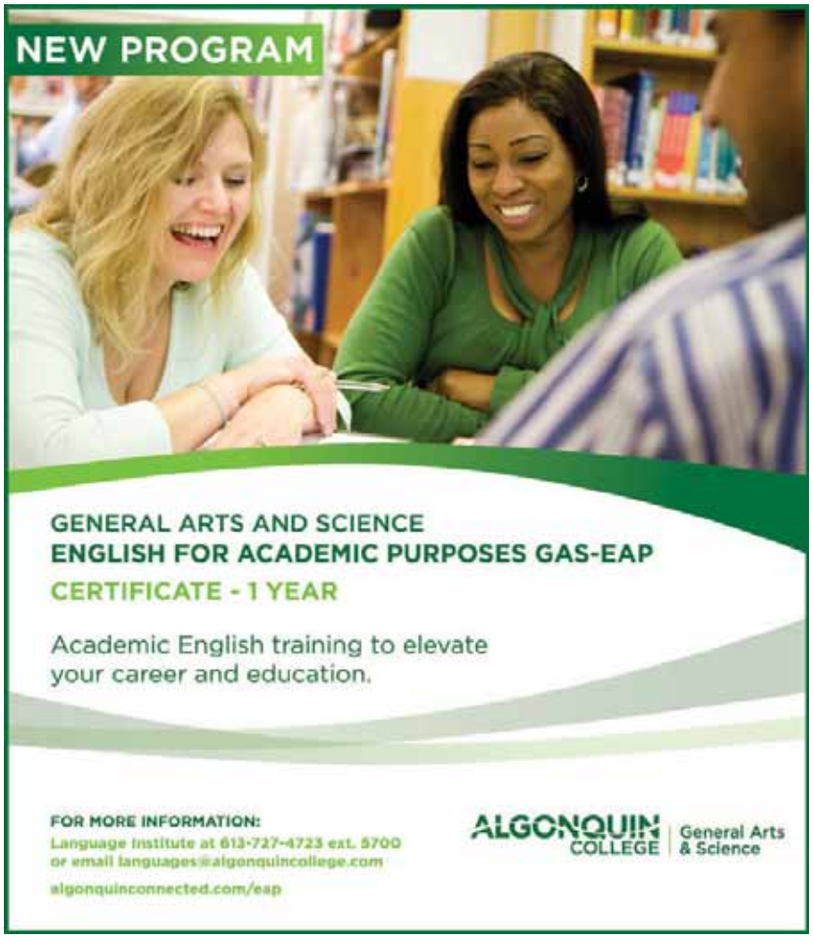
Sykes said the fact the hair samples were found so far apart, and so recently, suggests the members of the species are still alive. THE ASSOCIATED PRESS

The myth will not die

Professor Bryan Sykes' findings are unlikely to lay the myth of the Yeti to rest.

- The Yeti or Abominable Snowman is one of a number of legendary ape-like beasts — along with Sasquatch and Bigfoot — reputed to live in heavily forested or snowy mountains.
- Scientists are skeptical, but decades of eyewitness reports, blurry photos and stories have kept the legend alive.

A British police officer talks to a Greenpeace protester dressed as a polar bear in London in this 2000 file photo. A British scientist believes the elusive ape-like creature known as the Yeti may be a descendant of an ancient polar bear. THE ASSOCIATED PRESS FILE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Good night's sleep really does clear the cobwebs

Here's a reason to get some shut-eye: A new study suggests our brains go on a cleaning spree during sleep, flushing out gunk that builds up while we're awake.

Though the cleaning was observed in mice, scientists think it happens in people too. The findings were reported in Friday's issue of the journal Science and may provide new clues to treat Alzheimer's and other brain diseases.

The finding may mean that for people with dementia and other mind disorders, "sleep would perhaps be even more important in slowing the progression of further damage," Dr. Clete Kushida of the Stanford Sleep Medicine Center said. Kushida did not participate in the study

People who don't get enough sleep have trouble learning and making decisions, and are slower to react. But despite decades of research, scientists can't agree on the basic purpose of sleep. Reasons range from processing memory, to saving energy, to regulating the body.

The latest work, led by scientists at the University of Rochester Medical Center, adds fresh evidence to a long-standing view: When we close our eyes, our brains go on a cleaning spree.

The team previously found a plumbing network in mouse brains that flushes out cellular waste. For the new study, the scientists injected the brains of mice with beta-amyloid, a substance that builds up in Alzheimer's disease, and followed its movement. They determined that it was removed faster from the brains of sleeping mice than awake mice.

The team also noticed that brain cells tend to shrink during sleep, which widens the space between the cells. This allows waste to pass through that space more easily.

Lead researcher Dr. Maiken Nedergaard said this plumbing system also exists in dogs and baboons, and it's logical to think that the human brain also clears away toxic substances.

THE ASSOCIATED PRESS

Scientists have noted that people who are sleep-deprived have trouble learning and making decisions — but despite decades of research, they haven't been able to agree on the basic purpose of sleep. ISTOCK

Ohio. Pictures posted online helping cops in rape investigation

Pictures posted on social media in disbelief by witnesses of an alleged sidewalk sexual encounter near Ohio University could hold the key to a rape investigation after a college student told police she was the victim of an assault.

The explicit photos tweeted then quickly reposted across the net were being examined by police after the student reported "unconsenting sexual conduct" with a man on Sunday.

Sharing such images may seem despicable, but the photos are helping police in their investigation, Athens Police Chief Tom Pyle said.

Pyle said that the witnesses may not have understood what they were seeing. "It may have looked consensual to them." The photos show the couple against a bank window.

Police Chief Tom Pyle in Athens, Ohio. JOHN HALLEY/ ATHENS MESSENGER/AP

THE ASSOCIATED PRESS

Double-edged sword

"While it certainly to the lay person would appear to be despicable that they're posting this information, it also assisted us in our investigation."
Athens, Ohio Police Chief Tom Pyle

Facebook-video shocker

Graphic. Social media website won't remove video of a beheading; sharing it is meant to 'condemn it' and is 'productive'

A graphic video of a beheading that has sparked outrage among many Facebook users will not be removed by the social media website.

The content is being shared to "condemn it, which we think is productive," a Facebook spokesperson explained Thursday.

Meg Sinclair wrote in an email that "if the video were being celebrated, or the actions in it encouraged, our approach would be different." The video has been shared more than 2,500 times and "liked" by more than 1,000 people since it was posted last Saturday by a user in Israel. "It was the most disgusting, disturbing video I've ever witnessed," said Ken Zeise, former president of the Ontario PC party. The 46-second video begins with a man being beheaded by a person standing behind him. The body is then pushed into a ditch.

TORSTAR NEWS SERVICE

Wishes he hadn't seen it

"You're witnessing the death of a human being; it's just awful."
Ken Zeise, former president of the Ontario PC party. The video appeared on Zeise's newsfeed. He clicked it because he was offended by an Islamophobic comment attached to it.

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Mitra Ghaffari:

It's better to give

PETER DOYLE
For Metro

"As a newcomer to Canada, I had nothing and knew no one," Mitra Ghaffari said. "Volunteering brings me great joy and has led to job and training opportunities. It's helped me start a new life here."

Ghaffari fled her native Iran and came to Ottawa in 2012 with little more than an MA in English and a determination to succeed. In pursuit of this goal, she began to create a life in her adopted country — she filed for refugee status and found temporary quarters in a shelter for refugees. Ghaffari's life took a turn for the better when she met Nathalie Maione.

"Nathalie and I hit it off right away," Ghaffari said. "We're kindred spirits who understand how helping other people enriches your life."

Maione heads up Helping With Furniture (HWF), a registered charity that collects donations of furniture and household goods and distributes them to those in need, such as recent immigrants and refugees. Run entirely by volunteers, HWF helps hundreds of individuals and families annually, and earned the Ottawa United Way's community builder of the year award in 2012.

Ghaffari received a few items from HWF, but claims the personal satisfaction she has derived through volunteering for the organization has been far more valuable.

"When Nathalie learned of my skills, she immediately suggested I help out," Ghaffari said. "It started with the website (hwfottawa.org) and social media, and then it quickly moved on to the newsletter and media relations. Through that experience, I've made many friends and accessed all kinds of opportunities."

Today, Ghaffari continues to volunteer with HWF and several other organizations, sings in an amateur choir, and works as an office administrator at both LASI World Skills and Argosy Securities.

Maione is not surprised by Ghaffari's story.

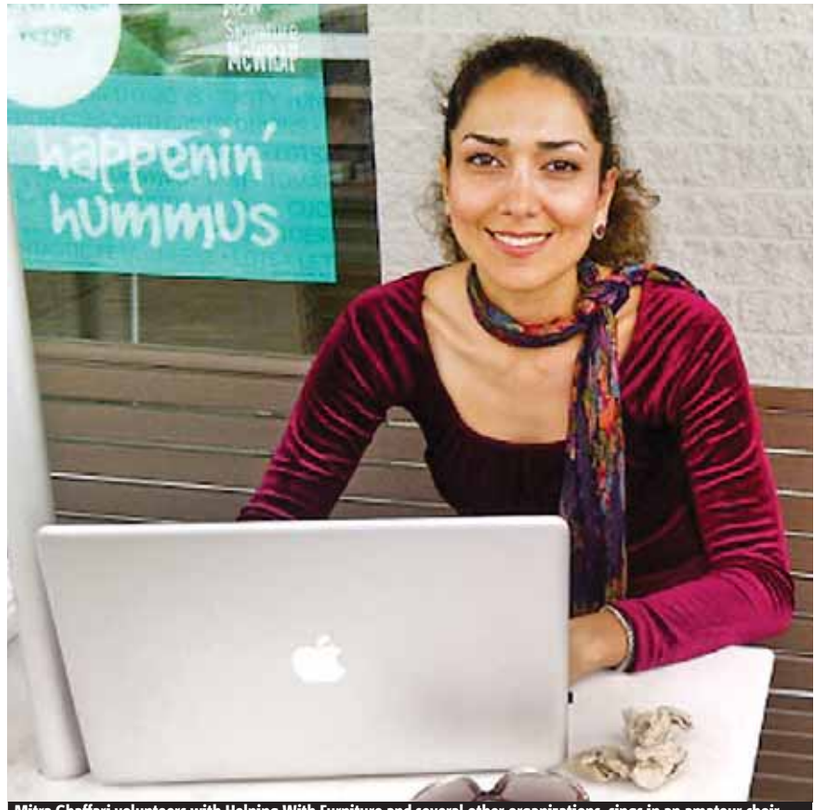
"Mitra, like so many recent immigrants and refugees in this town, is an energetic and capable person," Maione said. "All they need is an opportunity to show what they can do."

"I'll never forget the many people who helped me during my first few months in Canada," Ghaffari said.

"I love being able to show some of the same kindness to those in need. It makes for a better world."

Kindness

"I'll never forget the many people who helped me during my first few months in Canada."
Mitra Ghaffari



Mitra Ghaffari volunteers with Helping With Furniture and several other organizations, sings in an amateur choir, and works as an office administrator at both LASI World Skills and Argosy Securities. CONTRIBUTED

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Wages flat, costs up.
Many Brits working, but still struggling to get by

Having a job no longer offers a sure route out of poverty in Britain, with the working poor crushed by rising costs and stagnant wages, a first-of-its-kind report from the government said Thursday.

The Social Mobility and Child Poverty Commission report concluded that the government must do more to help low-paid workers. While government policies have traditionally focused on helping welfare recipients get work, the missing piece of the "policy jigsaw" is how to help people who are working but not economically stable, said Alan Milburn, the commission's chair.

"These are the people that heed the urgings of politicians of all hues to do the right thing, to stand on their own two feet, to strive not shirk," Milburn said. "Yet all too often the working poor are the forgotten people of Britain. They desperately need a new deal."

The report concludes that 4.8 million workers, often women, earn less than a living wage. Young people have been especially hard hit by deteriorating economic conditions.

THE ASSOCIATED PRESS

Market Minute

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OIL
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GOLD
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Natural gas: $3.76 US (-0.02¢)
Dow Jones: 15,371.65 (-2.18)

Harper heads to Europe to ink free-trade deal

Say cheese. Prime Minister Stephen Harper departs for Europe with International Trade Minister Ed Fast on Thursday. As part of the free-trade deal, the EU quota on cheese exports to Canada will double. ADRIAN WYLD/THE CANADIAN PRESS

Food bonds nations.
Strengthened ties mean Canadians will get access to more EU cheese, while our Euro brethren can nosh on more Canuck beef and pork

Canadian Prime Minister Stephen Harper headed to Brussels on Thursday to conclude a free trade deal with the European Union, as Canada seeks to diversify its trade away from the United States.

EU trade spokesman John Clancy said in an email that the European Union and Canada hope to conclude the free trade deal in the "coming days."

Harper posted on his official Twitter account that Canada will "soon" complete negotiations. His office said he will meet with the president of the European Commission, Jose Manuel Barroso.

Yves Leduc, director of international trade for the Dairy Farmers of Canada, said he's been told by a Canadian government official that an agreement in principle has been reached and that the European Union's 28 members and Canada's 10 provinces have to approve it.

Canada has agreed to permit a doubling of the EU quota on cheese exports to Canada in exchange for greater access for Canadian beef and pork producers. Leduc said Canada's cheese industry is angry because it threatens the fine cheese market in Canada.

THE ASSOCIATED PRESS

Crisis averted

One thorny issue surrounding the deal was overcome Thursday when Canada announced it would lift visa requirements for Czech nationals.

Oshawa, Ont.

GM to keep plant open longer due to increased demand

Increased demand for two popular models has prompted General Motors of Canada to keep one of its assembly lines in Oshawa, Ont., open two years longer than planned.

GM said projected demand for the Chevrolet Impala Limited and Chevrolet Equinox means the line will now remain active until 2016. THE CANADIAN PRESS

Working out bugs

Windows 8.1 aims to please

Microsoft released its long-awaited Windows 8.1 upgrade as a free download Thursday. It addresses some of the gripes people have had with Windows 8, the dramatically different operating system that attempts to bridge the divide between tablets and PCs.

Windows 8.1 still features the dual worlds that Windows 8 created when it came out last October.

THE ASSOCIATED PRESS

Détente for five years

Samsung offers end to 'patent wars' to avoid fine

Samsung Electronics Co. has offered not to launch any patent lawsuits over key mobile telephone technology in Europe for the coming five years, in hopes of avoiding a fine from the European Commission.

The commission believes Samsung tried to use its patent portfolio as a tool to stifle competition.

THE ASSOCIATED PRESS

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ORR YOU COULD JUST BUY THE BOOK

THE METRO LIST

Neil Morton
metronews.ca

1 Bobby Orr. In his new memoir, Orr, My Story, (it should have been called 'My St-ORR-y') the Boston Bruins Hall-of-Famer from Parry Sound, Ont., takes us inside what it was like to learn the game on the open ice of Georgian Bay, and about how to make hockey "fun" again for kids. One Orr story you won't hear in the book but I've heard a million times: My father-in-law lived on the same street as Orr when he played with the Oshawa Generals.

2 Tina & Amy. In an awesome coup, NBC locked in Tina Fey and Amy Poehler to be Golden Globe hosts for 2014 and 2015. Their 2013 co-hosting landed superlative reviews — and 19.7 million total viewers, a six-year high for the awards show. If I were NBC, I would have locked them in for 10 more years. But perhaps audiences are a little too fickle for that.

3 A world-famous double-double. A new survey of 70,000 consumers in 15 countries reveals that Disney is the world's most beloved brand, finishing ahead of others in the Top 10 like Yahoo, Google, Sony, Netflix, Whole Foods and Apple. Canada's iconic Tim Hortons finished No. 61 on the list, a sure sign it's becoming world famous. Someday, we'll be sipping double-doubles on Mars.

4 Sarah Richardson. Canada's superstar designer, whose latest TV show Real Potential launched last month on HGTV Canada, finally joined Twitter, tweeting on Thanksgiving: "It's official. I've joined the twitterverse!" You can follow her @SarahR_Design. If you want really good decor advice, tweet her. If you want really bad decor advice, tweet me.

5 Movember. It's that time of year again to get creative and grow a mo for Movember, which raises so much money and awareness to combat prostate and testicular cancer and mental health challenges. Think about registering yourself as an individual or as part of a team at movember.com. I grew a mo for the first time last year, and will be working on a new one for this year!

6 Facebook friend for iPhone. I love the creativity in many Kijiji listings, and one of my faves was this recent Peterborough, Ont., listing: "Wanted: Who has an iPhone they want to give me as a gift?" In return, the person offered to make a hat — yes, make a hat — and become a friend on Facebook. If they throw in a Twitter follow too, I'd consider.

7 BlackBerry. The troubled smartphone maker released an open letter You Can Continue To Count On BlackBerry ad campaign to its customers this week appealing for them to stick with the company through this tumultuous time of restructuring. I plan on sticking with them for now, right up until the last BBM contact I have is myself.

8 Twitter DM. Twitter has began pushing out a feature update that lets you (if you check off the box) receive direct messages from any of your followers, regardless of whether you follow them or not. This private functionality is another step in Twitter becoming your new email inbox. Yes, more and more people, particularly tweens and teens, don't use traditional email.

9 Fifty Shades of Grey Vancouver. No I'm not talking about the weather. If you see more people reading Fifty Shades of Grey all of a sudden in Vancouver, maybe it's because the movie adaptation begins filming there early next month — Nov. 5 to be exact. If you spot any actors, Instagram them under the caption Before They Were Famous.

10 Drinkify. A neat website called drinkify.org tells you exactly what you should drink while listening to a specific artist. Should you be rocking out to, say, Kings of Leon at your next dinner party, type that band in on the site and Drinkify recommends "6 oz. Kirsch. Serve on rocks. Stir vigorously." If you're listening to John Tesh, well then ... sorry, I'm not typing that in for you.

11 Piers Morgan. The outspoken host of the CNN show Piers Morgan Live has a new book out where he takes us behind the scenes of the drama of anchoring a nightly news show. If he thinks that's stressful, imagine being me doing weekly segments on local radio.

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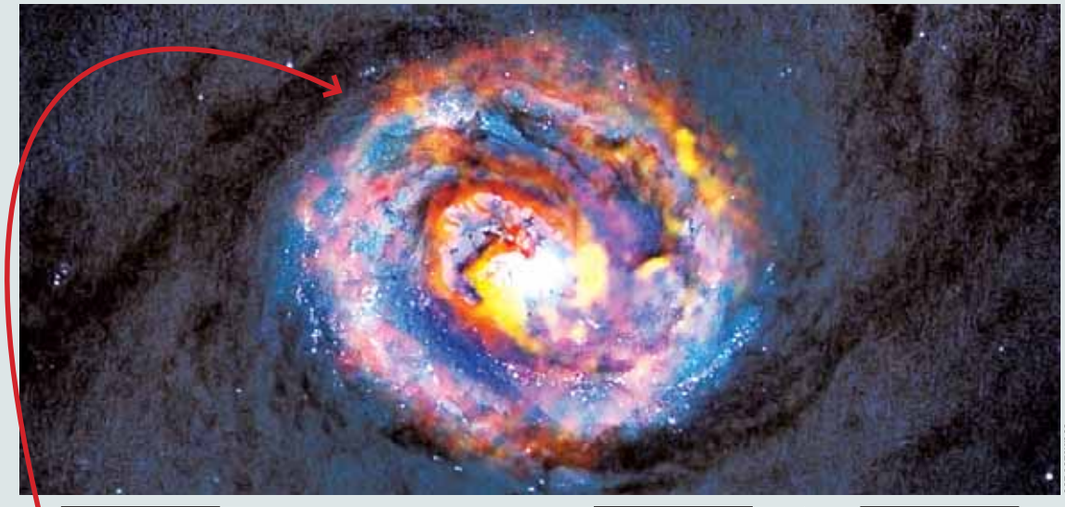
ZOOM

Black hole's hunger spirals

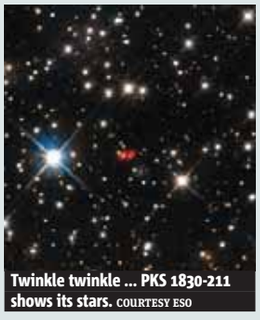


COURTESY ESO

What does it matter? It devours everything

Black holes are capable of mass consumption as this incredible image captured by a high-powered telescope proves.

The image was taken by the European Southern Observatory using the Atacama Large Millimeter/submillimeter Array — the world's largest ground-based telescope. METRO



Twinkle twinkle ... PKS 1830-211 shows its stars. COURTESY ESO

Swallowed up in the Milky Way?

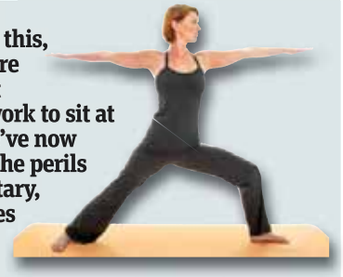
The PKS 1830-211 (pictured left) is referred to as an "active" black hole in a very distant galaxy (NGC 1433). In fact, there are super-massive black holes at the hearts of almost all galaxies in the universe, including our own galaxy, the Milky Way. These objects are capable of swallowing vast quantities of matter. METRO

Leaving a gassy trail behind

"ALMA has revealed a surprising spiral structure in the molecular gas close to the centre of NGC 1433," says Françoise Combes (Observatoire de Paris). "This explains how the material fuels the black hole. The jet of material flowing away from the black hole, extending for 150 light-years, is the smallest outflow in an external galaxy." METRO

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca



If you're reading this, chances are you're sitting on transit on your way to work to sit at a desk. While we've now been warned of the perils of staying sedentary, there's sometimes not much we can do about it — or wasn't much we could do about it. These apps let you keep your practice on your smartphone. Or desk. Or bus. Namaste.

Pocket Yoga:

Available for iPhone and Android, Pocket Yoga lets you create your own flow with customized music, photos and instructor's voice. ($2.99)

Yoga Studio:

Take your practice on the go. Yoga Studio offers videos and more than 250 poses, from beginner to advanced, for $2.99. iPhone only.

Twitter

@metropicks asked: A couple near Saskatoon invited artists to live with them rent-free. What type of profession would you invite? Journalists?

@Canucklehead_ca: Maid, reflexologist, chef (both pasty and sous,) nanny, masseuse, handyman, bartender, another nanny, & cat whisperer.

@WTarcisio: Journalists are ever welcome in my house. Could live peacefully without paying and still I would become news.

@H_Dhillon: I wouldn't mind having a professional chef at home.

@serpentina66: Musician

@jemilyclark: Hands down, gotta go with Molly Maid. #scrubthetub

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: ottawaletters@metronews.ca

metro
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SCENE

Synopsis

The newest adaptation of Stephen King's 1974 novel stars Chloë Grace Moretz as high school outcast Carrie White, a lonely girl teased by classmates and abused by her deeply religious mother (Julianne Moore). Despite the best efforts of gym teacher Miss Desjardin (Judy Greer) to help Carrie fit in, a clique of mean girls led by Chris (Portia Doubleday) make it their mission to ensure that Carrie has a rough time at school. After being humiliated at her senior prom — pig's blood will really ruin a taffeta dress, apparently — she unleashes a terrible telekinetic vengeance on those who wronged her.

- Richard: ●●○○○
- Mark: ●●○○○

Chloë Grace Moretz does an admirable job as Carrie, but no one can hold a candle to Sissy Spacek's iconic portrayal of the telekenetic teen. CONTRIBUTED

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

Wary of another Carrie

Weak remake. There's really no reason to toy with a classic — even if the cast includes Chloë Grace Moretz and Julianne Moore

Richard: Mark, people have been asking me about this movie for months. But they haven't been asking, "Is it good?" They've been asking me why anyone would remake the 1976 classic. After seeing it, I'm not sure. The new version is a perfectly serviceable adaptation of Stephen King's famous book but it doesn't have the vulnerability or frailty that made Sissy Spacek so memorable in the title role. First off, what did you think of Chloë Grace Moretz?

Mark: Richard, she's the strongest thing in the movie. Although no one can compare to Sissy Spacek, she did an admirable job. The question isn't whether this is a good film; it's whether this is a necessary film. When I heard Kimberly Pierce would be directing this remake, I hoped she would bring some kind of post-feminist twist to it. But no, she didn't direct the remake; she just coloured within the lines.

RC: Agreed, but there are some good moments within those lines. There is a sweetness to Carrie, particularly in the prom scenes (pre-pig's blood) that makes the anticipation of what is to come all the more tense. I liked Julianne Moore's head thumping self-punishment scenes. It works in those moments, but there's too much CGI — the floating books are silly — and since when can Carrie fly?

MB: She can now! It's just another example how everything in the movie is less subtle than in the Brian De Palma version. The themes of religious and sexual repression — so shocking in 1976 — seem overcooked now. But let's pretend we know nothing of the original. Does the movie work? Sure, to an extent. The performances are good, the last third is exciting and full of blood and revenge, but it still feels a bit superficial and detached. None of my fingernails were harmed in the viewing of this production.

RC: Mine either, although a mother and daughter knife battle made me shift to the front of my seat mostly because it felt more organic and less computer generated than some of the other displays of Carrie's mad telekinetic skills. It felt dangerous in a way that the rest of the violence didn't.

MB: And Julianne Moore does crazy very well, doesn't she? Still, the script gave her some passages so clunky that even real-life maniac mamas would have demanded another draft.

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The man behind the Jason mask

Kane Hodder. After a burn accident early in life, actor and stuntman tries to help other burn victims

SCOTT KEARNAN
Metro World News in Boston

Kane Hodder says his accident didn't throw him off stunts. CONTRIBUTED

Attention, Friday the 13th film fans: Jason Voorhees has a heart. (And we don't mean the one impaled on his machete.) As the famous horror franchise's hockey-masked killer and uber-'80s icon, stuntman and actor Kane Hodder has claimed a lot of nubile, teenage victims. But off-camera, the scary movie star is more interested in helping survivors.

Early in his stunt career, Hodder received nearly fatal burns over 50 per cent of his body. So today he raises funds for burn survivors through the "I Helped Kane" program of Scares That Care (scaresthatcare.org), a nonprofit that mobilizes the horror flick community. And whenever the movie convention regular visits a major city, he visits hospital burn units to offer support and understanding to survivors, including the inevitably encountered super-fan of his frightening alter ego.

We grabbed a few minutes with the Crystal Lake killer to talk about the films, fire stunts and why his sons are chips off the Friday chopping block.

Why do you make a point of visiting hospitals when you're touring?
I was seriously burned 35 years ago. It's an injury where, unless you've been through it, you really have no idea what it's like. Sometimes you get so down and negative in the burn unit; talking to someone who has been there can really help. I was visited myself by a stuntman, Chuck Couch; he didn't know who I was. I had been in the business for barely six months. But it meant a lot. If I can ever help someone like that, I want to. I was in the hospital for over five months, and for the first four I wasn't in a burn unit. It's critical to be in a quality burn unit — and Mass General (Massachusetts General Hospital) has one of the best in the United States.

How did that delay impact your recovery?
Things got progressively worse, not better. I was in so much pain, I got a staph infection throughout the burn area, and the doctor told my family I might die. He was egotistical, and thought he could handle my situation. Many years later, after I realized he f— me over and made me suffer because he was inept, I went to his office. I honestly wasn't sure what I was going to do when I got face to face with him. I probably could have beaten him to death; I had so much hatred for this guy. But he looked me in the eye and admitted that (he) had been wrong. It caught me off guard. It defused my anger. I walked out. Though I sometimes think that (anger) might be why I'm able to be so convincing with extreme violence on film. I think maybe I draw from my own past.

Did the experience put you off of stunts? Does anything scare you?
It never dissuaded me. Maybe it was my ego, not wanting to be defeated by a certain type, but I ended up specializing in fire stunts. There's really nothing in life that scares me! Maybe because I've been through the worst hell I could ever imagine. But I've never been afraid of anything, not typical phobias anyway. I avoid doing horse stunts. Not because I'm afraid, I'm just not that good on a horse (laughs).

Jason may haunt your dreams, but Kane Hodder is actually a pretty nice guy. GETTY IMAGES

For a guy who likes leaks, Assange is pretty cagey

The Fifth Estate. Benedict Cumberbatch on WikiLeaks founder's aversion to his portrayal in film

NED EHRBAR
Metro World News in Hollywood

It's no secret now that Julian Assange isn't thrilled about the new film the Fifth Estate, in which Sherlock star Benedict Cumberbatch stars as the embattled WikiLeaks founder.

The website even published email correspondence between Assange and Cumberbatch in which the actor sought a meeting with Assange before taking the role — only to be asked not to do the film.

Cumberbatch admits that his correspondence with Assange — who told the Hollywood Foreign Press he thinks the Fifth Estate is "destined to be a box office failure" — was brief, and that the gist of Assange's message was that he didn't want Cumberbatch to take the role.

"It was sort of expected, and his arguments were very strong. And I had some very strong counter-arguments," Cumberbatch says.

"I would have loved to have met him. I think like any artist, being in front of a live subject is far more productive and informing than working from a photograph," Cumberbatch says, a tinge of remorse in his voice.

"I sadly didn't get the chance to do that, but I quite respect his standpoint, and I reasoned in my communication with him that I thought it was not totally well-founded, that I think there was a lot to celebrate in our version of the story because what it does is bring back into focus how important WikiLeaks is as an idea and the integrity of that idea, personal politics aside," says Cumberbatch.

The Fifth Estate, starring Benedict Cumberbatch, opens Friday. CONTRIBUTED

Of muscles and men

Enemies no more.
Now that Arnie is his good pal, Sly no longer walks the action star road Stallone

MELINDA TAUB
Metro World News in New York

How sad. Two of the biggest musclemen of the '80s apparently never got to bond at the time over how much iron they could pump, because they loathed each other.

Sylvester Stallone revealed at the premiere of his new movie Escape Plan that he and his costar Arnold Schwarzenegger "really disliked each other intensely for 20 years," according to Page Six.

What drove a wedge between two men who had so much in common (thick necks, incomprehensible accents)?

Sly implies it was professional rivalry — which may have been good for both of their careers. "It goes to show you, a good enemy is hard to find. Eventually you sort of appreciate [them]. Maybe the reason we were so competitive was it made us get to where we are?"

Maybe! In any case, the two are apparently buds now, in a way that sounds indistinguishable from hatred. Stallone says he "pranked" his costar by reporting him to NASA as a security threat so he'd get strip searched.

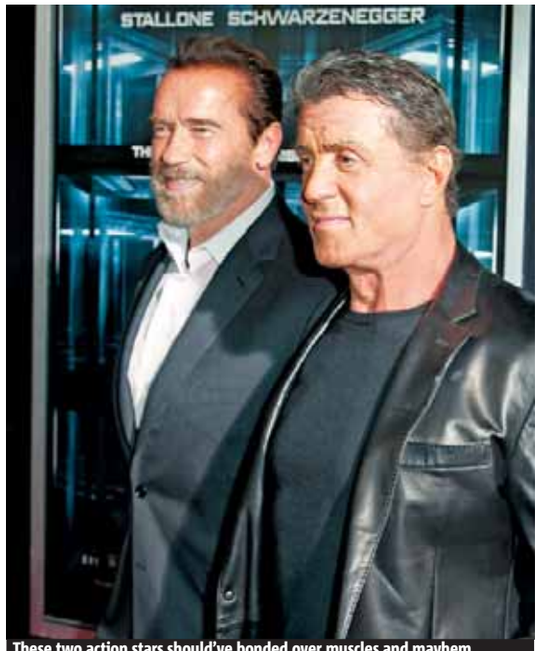
Aww! Friendship, or something.

MELINDA TAUB/METRO WORLD NEWS

Quoted

"It goes to show you, a good enemy is hard to find."

Sylvester Stallone on his old rivalry with Arnold Schwarzenegger



These two action stars should've bonded over muscles and mayhem in the '80s, but they were fierce rivals instead. GETTY IMAGES

Hollywood news

Ben Foster gets his bike on in Armstrong flick

American actor Ben Foster is cycling into the lead as Lance Armstrong in a new movie about the disgraced American cyclist.

Director Stephen Frears said filming started Wednesday on the untitled project, and Foster is already proving to be a champion in the saddle.

Frears claims Foster is a "really, really good actor and now he's a very good cyclist. The cyclists were pleased with him."

The movie follows the rise of Armstrong, his cancer battle, retirement and exposure by journalist David Walsh.

Irish star Chris O'Dowd plays Walsh, with Guillaume Canet and Jesse Plemons in supporting roles.

Frears says Armstrong is endlessly complex and there could be many more films made about him. He spoke at Wednesday's London Film Festival gala for his latest movie, Philomena, staring Judi Dench.

THE ASSOCIATED PRESS

Ben Foster is playing Lance Armstrong in a new movie about the cyclist. GETTY IMAGES

Action

Escape Plan

Director. Mikael Hafstrom

Stars. Sylvester Stallone, Arnold Schwarzenegger

Feeling like an unearthed relic from the VHS era, the endearingly junky Escape Plan's selling point is a long-awaited pairing of two movie icons: We finally get to see Amy Ryan and Curtis "50 Cent" Jackson sharing scenes together. Oh, and it's also got Sylvester and Arnold. Cheerfully preposterous and proudly low-rent, director Mikael Hafstrom's meat-and-potatoes throwback coasts on the chemistry of its co-stars. Escape Plan plays like comfort food for men of a certain age and temperament.

SEAN BURNS

Drama/Biography

The Fifth Estate

Director. Bill Condon

Stars. Benedict Cumberbatch

The Fifth Estate details the breathless years leading up to WikiLeaks's biggest leak — the release of the "Collateral Murder video" which showed Iraqi journalists killed by an AH-64 Apache helicopter. Wiki honcho Julian Assange (Benedict Cumberbatch) is one of the more controversial figures of recent history. Is he a journalist? A hacker with an anti-establishment ideology? Or a war criminal with blood on his hands? The movie presents all possibilities, but can't seem to decide on one point of view.

RICHARD CROUSE

Drama

Wadjda

Director. Haifaa Al-Mansour

Stars. Waad Mohammed, Reem Abdullah

Wadjda is a mischievous 10 year-old with her heart set on a green bicycle. She enrolls in a Koran recitation competition with an eye to using the prize money to fund her dream. Shot entirely in Saudi Arabia, Wadjda explores the hypocrisies at the heart of the country's attitudes towards women. Despite her age, Wadjda (Waad Mohammed) sees the emptiness in the hearts of the adults tasked with keeping her on the straight path. They maintain that a pious life — one that doesn't include bikes — is the only path to happiness.

IAN GORMELY

"★★★★" LOU LUMENICK NEW YORK POST
"★★★★" ANN HORNADAY WASHINGTON POST
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PETER TRAVERS, Rolling Stone
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THESE PAGES COVER MOVIE START TIMES FROM FRI., OCT. 18 TO THURS., OCT. 24 TIMES ARE SUBJECT TO CHANGE.

Bytowne Cinema
325 Rideau St.

Adore (18A) Fri 9:10 Sat 2:01-6:45 Sun 5:25 Mon 4:30 Tue-Wed 9:10 Thu 6:59
Els Nens salvatges (STC) Wed 6:59
The Grandmaster (PG) Fri 4:15 Sat 9:15 Sun 12:30
A Hard Day's Night (PG) Mon 9:10
Oldboy (STC) Thu 9:25
The Sapphires (PG) Tue 6:59 Wed-Thu 4:45
Wadjda (PG) Fri 6:55 Sat 4:30 Sun 3:10 Mon 6:59 Tue 4:45

Coliseum Ottawa
3090 Carling Ave.

Boss (STC) Fri-Sun 12:35-3:50-7:10-10:15 Mon-Thu 5:20-9:30
Captain Phillips (14A) Fri-Sun 1:25-4:30-7:35-10:40 Mon-Wed 4:40-7:35-10:40 Thu 1:15-4:40-7:35-10:40
Carrie (14A) No Passes Fri-Sun 12:40-3:10-5:40-8:10 No Passes Mon-Wed 5:40-8:10 No Passes Thu 1:25-5:40-8:10 No Passes Fri-Thu 10:40
Cloudy With a Chance of Meatballs 2 (G) Fri 1:50-4:35-6:55-9:30 Sat 4:35-6:55-9:30 Sun 1:50-4:35-6:55-9:30 Mon-Tue 5:45-8-10:15 Wed 10:15 Thu 5:45-8
Cloudy With a Chance of Meatballs 2 3D (G) Fri-Sun 12:25-2:50-5:15-7:40-10 Mon-Wed 5:15-7:40-10 Thu 1:30-5:15-7:40-10
The Counselor (14A) No Passes Thu 10:15
Escape Plan (14A) Fri-Sun 2-4:50-7:40-10:30 Mon-Wed 4:50-7:40-10:30 Thu 1:35-4:50-7:40-10:30
The Fifth Estate (14A) No Passes Fri-Sun 1:20-4:20-7:20-10:20 No Passes Mon-Wed 4:40-7:50-10:45 No Passes Thu 1:20-4:40-7:50-10:45 Star & Strollers Screening, No Passes Thu 1

Gravity 3D (PG) Fri-Sun 12:30-2:50-5:10-7:30-9:50 Mon-Wed 5:10-7:30-9:50 Thu 5:10-7:30 Fri-Sun 1:10-3:30-5:50-8:10-10:30 Mon-Wed 5:50-8:10-10:30 Thu 1:15-5:50-8:10-10:30
Jackass Presents: Bad Grandpa (STC) Thu 9:50
Machete Kills (14A) Fri-Sun 4-9:40 Mon-Thu 4:45-9:40
National Theater Live: MacBeth - Encore (STC) Sat 12:30 Wed 6:45
Prisoners (14A) Fri-Sun 12:25-3:45-7-10:15 Mon-Tue 5:40-9:40 Wed 9:40 Thu 1:10-5:40-9:40
RiffTrax Live: Night of the Living Dead (STC) Thu 8
The Right Kind of Wrong (14A) Fri-Sun 1-6:40 Mon-Wed 7:15 Star & Strollers Screening Thu 1
Runner Runner (14A) Fri-Sun 4:10-9:40 Mon-Wed 5-9:55 Thu 1:35-5-10:35
Rush (14A) Fri-Sun 12:50-6:50 Mon-Wed 7:10 Thu 7

Empire 7 Cinemas
111 Albert St. 3rd Floor
World Exchange Plaza

Captain Phillips (14A) Dolby Stereo Fri 6-9 Dolby Stereo Sat 12-3-6-9:20 Dolby Stereo Sun 12-3-6-9 Dolby Stereo Mon 6-9 Dolby Stereo Tue 3-6-9 Dolby Stereo Wed-Thu 6-9
Carrie (14A) Dolby Stereo, No Passes Fri 6:15-9:15 Dolby Stereo, No Passes Sat-Sun 12:15-3:15-6:15-9:15 Dolby Stereo, No Passes Mon 6:15-9:15 Dolby Stereo, No Passes Tue 3:15-6:15-9:15 Dolby Stereo, No Passes Wed-Thu 6:15-9:15
The Fifth Estate (14A) Dolby Stereo, No Passes Fri 6:45-9:45 Dolby Stereo, No Passes Sat-Sun 12:45-3:45-6:45-9:45 Dolby Stereo, No Passes Mon 6:15-9:45 Dolby Stereo, No Passes Tue 3:45-6:45-9:45 Dolby Stereo, No Passes Wed-Thu 6:45-9:45
Gravity (PG) Dolby Stereo Sat-Sun 3:30 Dolby Stereo Tue 3:30
Gravity 3D (PG) Dolby Stereo Fri 6:30-9:30 Dolby Stereo Sat-Sun 12:30-6:30-9:30 Dolby Stereo Mon-Thu 6:30-9:30
Prisoners (14A) Dolby Stereo Fri 7 Sat 12-3:30-7 Dolby Stereo Sun 12-3:30-7 Dolby Stereo Mon 7 Tue 3:30-7 Dolby Stereo Wed-Thu 7
The Right Kind of Wrong (14A) Dolby Stereo Fri 7 Dolby Stereo Sat-Sun 1-4-7 Dolby Stereo Mon 9:20 Dolby Stereo Tue 4-7 Dolby Stereo Wed-Thu 7
Runner Runner (14A) Dolby Stereo Fri 9:20 Dolby Stereo Sun 9:20 Dolby Stereo Tue-Thu 9:20
Watermark (G) Dolby Stereo Fri 6:50-9:50 Dolby Stereo Sat-Sun 12:50-3:50-6:50-9:50 Dolby Stereo Mon 6:50-9:50 Dolby Stereo Tue 3:50-6:50-9:50 Dolby Stereo Wed-Thu 6:50-9:50

Mayfair Theatre
1074 Bank St.

The Exorcist (STC) Tue 7
Hannah Arendt (PG) Fri 7 Sat-Sun 6 Mon 7
Hell of the Living Dead (STC) Fri 11:30
Home Movie Day (STC) Sat 3:30
Lovelace (18A) Fri 9:30 Sat-Sun 8:30
Monsters University (G) Sat 1 Sun 1-3:15
The Room (STC) Sat 10:30
The Shining (R) Tue 9:30
The Venice Syndrome (STC) Wed-Thu 7
The World's End (14A) Mon 9:30 Wed-Thu 9

Rainbow Cinemas
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2 Guns (14A) Fri-Thu 6:50-9:10
The Heat (14A) Fri-Thu 12:30-6:35-9
Lee Daniels' The Butler (14A) Fri-Thu 10:40-1:10-4:20-7:30
Monsters University (G) Fri-Thu 12:40-2:55-5:10
The Mortal Instruments: City of Bones (PG) Fri-Thu 10-7:40
Percy Jackson: Sea of Monsters (PG) Fri-Thu 10:30-3:10
Planes (G) Fri-Thu 10:05-12:10-2:20-4:30
The Smurfs 2 (G) Fri-Thu 1-4:10
The Wolverine (PG) Fri-Thu 10:20-6:30-9:05

South Keys
2214 Bank St.

The Addams Family (STC) Sat 11
Captain Phillips (14A) Fri-Thu 12:40-3:55-7:05-10:05
Carrie (14A) No Passes Fri-Thu 12-2:30-5:10-7:40-10:10
Cloudy With a Chance of Meatballs 2 (G) Fri-Sat 10:35-12:45-3-5:15-7:30-9:45 Sun 10:25-12:35-2:50-5:05-7:20-9:35 Mon-Thu 10:35-12:45-3-5:15-7:30-9:45
Cloudy With a Chance of Meatballs 2 3D (G) Fri-Thu 11:20-1:50-4:15-7-9:20
The Counselor (14A) No Passes Thu 10
Despicable Me 2 (G) Fri-Thu 11:15-1:45-4:30
Escape Plan (14A) Fri-Thu 10:30-1:30-4:20-7:10-10
The Fifth Estate (14A) No Passes Fri-Thu 12:50-3:50-6:50-9:35
Gravity 3D (PG) Fri-Thu 12:25-2:45-5:05-7:35-9:50
Jackass Presents: Bad Grandpa (STC) Thu 10
Machete Kills (14A) Fri-Thu 3:40-9:30
National Theater Live: MacBeth - Encore (STC) Sat 12:30
Prisoners (14A) Fri-Wed 11:40-3:25-6:45-9:55 Thu 11:40-3:25-6:45
The Right Kind of Wrong (14A) Fri-Thu 11-1:25-7:15
Runner Runner (14A) Fri-Thu 7:20-9:35
Rush (14A) Fri 10:45-1:35-4:25-7:25-10:15 Sat 1:35-4:25-7:25-10:15 Sun 7:25-10:15 Mon-Tue 10:45-1:35-4:25-7:25-10:15 Wed 10:45-1:35-10:15 Thu 10:45-1:35-4:25-7:25-10:15
Spartacus - Bolshoi Ballet (STC) Sun 12:55
We're the Millers (14A) Fri 10:50-1:20-4:05-6:55-9:25 Sat 4:05-6:50-9:20 Sun-Wed 10:50-1:20-4:05-6:55-9:25 Thu 10:50-1:20-4:05-6:55

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Captain Phillips (13+) Fri-Sun 12:40-3:20-6:40-9:20 Mon 6:40 Tue 12:40-3:20-6:40-9:20 Wed-Thu 6:40-9:20
Cloudy With a Chance of Meatballs 2 (G) Sat-Sun 12:50
Escape Plan (13+) Fri-Sun 1-3:30-7-9:30 Mon 7 Tue 1-3:30-7-9:30 Wed-Thu 7-9:30
Gabrielle (G) Fri-Tue 6:50-9 Wed 9:30 Thu 6:50
Gravity (G) Fri-Sun 1:10-7:10 Mon 7:10 Tue 1:10-7:10 Wed-Thu 7:10
Gravity 3D (G) Fri-Sun 3:10-9:10 Tue 3:10-9:10 Wed-Thu 9:10
Il pleut des hamburgers 2 (G) Fri 3:30 Tue 3:30
Jackass Presents: Bad Grandpa (STC) Thu 9
Jappeloup (G) Fri 1 Wed 7
La langue à terre (STC) Mon 7

Ciné-starz
1100 boul. Maloney Ouest

Détestable moi 2 (G) Fri-Sun 12-1:45-3:30
Insidieux Chapitre 2 (13+) Fri-Sun 5:15-7:45-9:40 Mon-Thu 1:50-7:25-9:20
Lac Mystère (13+) Fri-Thu 2:15-6:35
Louis Cyr: L'homme le plus fort du monde (G) Fri-Sun 5:30-9 Mon-Thu 12-4:20-8:45
Nous sommes les Miller (13+) Fri-Sun 5:45-9:35 Mon-Thu 1:55-5:45-9:35
Percy Jackson: la mer des monstres (G) Fri-Sun 12-1:55-3:50-7:40 Mon-Thu 12-3:50-7:40
Rush (G) Fri-Sun 3:30-7:25-9:35 Mon-Thu 12-2:10-4:20-6:30-8:45
Les Schtroumpfs 2 (G) Fri-Sun 12-1:50-3:40-7:10 Mon-Thu 12-3:45-5:35
Turbo (G) Fri-Sun 12-1:45-5:40

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Amsterdam (13+) Fri 7:15-9:45 Sat 1:15-3:45-7:15-9:45 Mon 7:15-9:45 Wed-Thu 7:15-9:45
Capitaine Phillips (13+) Fri 6:45-9:30 Sat 12:20-3:20-6:45-9:30 Mon 6:45-9:30 Wed-Thu 6:45-9:30
Carrie (13+) Fri 7:25-9:40 Sat 1-3:30-7:25-9:40 Mon 7:25-9:40 Wed-Thu 7:25-9:40
Le cinquième pouvoir (G) Fri 6:50-9:25 Sat 12:15-3-6:50-9:25 Mon 6:50-9:25 Wed-Thu 6:50-9:25
Gabrielle (G) Fri 6:30 Sat 12:30-6:30 Mon 6:30 Wed-Thu 6:30
Gravité 3D (G) Fri 7-9:05 Sat 12:40-3:10-7-9:05 Mon 7-9:05 Wed-Thu 7-9:05
Il pleut des hamburgers 2 3D (G) Fri 7:10-9:15 Sat 1:05-3:15-7:10-9:15 Mon 7:10-9:15 Wed-Thu 7:10-9:15
L'autre maison (G) Fri 7:25-9:50 Sat 1:20-3:50-7:25-9:50 Mon 7:25-9:50 Wed-Thu 7:25-9:50
Prisonniers (13+) Fri 8:45 Sat 3:05-8:45 Mon 8:45 Wed-Thu 8:45
Le tombeau (13+) Fri 7:05-9:35 Sat 12:50-3:25-7:05-9:35 Mon 7:05-9:35 Wed-Thu 7:05-9:35

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115 boul. du Plateau

The Addams Family (STC) Sat 11
Amsterdam (13+) Fri-Sun 1:50-4:25-7-9:35 Mon 7-9:35 Tue 1:50-4:25-7-9:35 Wed-Thu 7-9:35
Capitaine Phillips (13+) Fri-Sun 1-4-7-10 Mon 7:15-9:30 Tue 1-4-7-10 Wed-Thu 7:15-9:30
Captain Phillips (13+) Fri-Sun 1:15-4:15-7:15-10:15 Mon 7-9:05 Tue 1:15-4:15-7:15-10:15 Wed-Thu 7-9:05
Carrie (13+) No Passes Fri-Sun 12:50-3:15-5:40-8:05-10:30 No Passes Mon 7:10-9:50 No Passes Tue 12:50-3:15-5:40-8:05-10:30 No Passes Wed-Thu 7:10-9:50 No Passes Fri-Sun 12:30-2:50-5:10-7:30-9:50 No Passes Mon 7-10:05 No Passes Tue 12:30-2:50-5:10-7:30-9:50 No Passes Wed-Thu 7-10:05
Cloudy With a Chance of Meatballs 2 (G) Fri-Sun 1-3:20-5:40-8-10:20 Mon 6:45-10 Tue 1-3:20-5:40-8-10:20 Wed-Thu 6:45-10
The Counselor (STC) No Passes Thu 10
Escape Plan (13+) Fri-Sun 2:30-5:10-7:50-10:30 Mon 7:10-9:50 Tue 2:30-5:10-7:50-10:30 Wed-Thu 7:10-9:50
The Fifth Estate (G) No Passes Fri-Sun 1:35-4:30-7:25-10:20 No Passes Mon 6:55-9:35 No Passes Tue 1:35-4:30-7:25-10:20 No Passes Wed-Thu 6:55-9:35
Gabrielle (G) Fri-Sun 12:20-2:50-5:20-7:50-10:20 Mon 6:50-9:20 Tue 12:20-2:50-5:20-7:50-10:20 Wed-Thu 6:50-9:20
Gravity 3D (G) Fri-Sun 1:10-3:25-5:40-7:55-10:10 Mon 7:55-10:10 Tue 1:10-3:25-5:40-7:55-10:10 Wed-Thu 7:55-10:10
Gravité 3D (G) Fri-Sun 12:40-2:55-5:10-7:25-9:40 Mon 7:25-9:40 Tue 12:40-2:55-5:10-7:25-9:40 Wed-Thu 7:25-9:40
Il pleut des hamburgers 2 (G) Fri-Sun 12:40-3-5:20 Tue 12:40-3-5:20
Il pleut des hamburgers 2 3D (G) Fri-Sun 12:20-2:40-5-7:20-9:40 Mon 7:20-9:40 Tue 12:20-2:40-5-7:20-9:40 Wed-Thu 7:20-9:40
Jackass Presents: Bad Grandpa (STC) Thu 10:15
Machete Kills (13+) Fri-Sun 7:40-10:15 Mon 7:20-9:55 Tue 7:40-10:15 Wed-Thu 7:20-9:55
Prisoners (13+) Fri-Sun 12:20-3:35-6:50-10 Mon 6:45-9:15 Tue 12:20-3:35-6:50-10 Wed-Thu 6:45-9:15
Quatre filles et un jean (G) Sat 11
Runner Runner (13+) Fri-Sun 1:20-3:35-5:50-8:05-10:20 Mon 7:15-10:15 Tue 1:20-3:35-5:50-8:05-10:20 Wed 7:15-10:15 Thu 7:15
Rush (G) Fri-Sun 2:10-4:55-7:40-10:25 Mon 7-9:45 Tue 2:10-4:55-7:40-10:25 Wed 7-9:45 Thu 7

Barrhaven Cinemas
131 Riocan Dr.

The Addams Family (STC) Sat 11
Captain Phillips (14A) Fri 7:05-10:10 Sat-Sun 12:55-4-7:05-10:10 Mon-Thu 7:10
Carrie (14A) No Passes Fri 7:40-10:10 No Passes Sat-Sun 12:10-2:40-5:10-7:40-10:10 No Passes Mon-Thu 5:10-7:30
Cloudy With a Chance of Meatballs 2 (G) Sat-Sun 12-2:20 Star & Strollers Screening Thu 1
Cloudy With a Chance of Meatballs 2 3D (G) Fri 7-9:30 Sat-Sun 4:45-7:10-9:40 Mon-Thu 5-7:25
Escape Plan (14A) Fri 7:10-10 Sat-Sun 1:30-4:20-7-10 Mon-Thu 5:25-7:50
Gravity 3D (PG) Fri 7:40-9:50 Sat-Sun 12:40-3-5:20-7:40-9:50 Mon-Thu 5:20-7:45
Prisoners (14A) Fri 8 Sat-Sun 1-4:25-8 Mon-Thu 7
The Right Kind of Wrong (14A) Fri 7:20 Sat-Sun 12:05-7:20 Mon-Thu 5:15 Star & Strollers Screening Thu 1
Runner Runner (14A) Fri 9:55 Sat-Sun 3:10-9:55 Mon-Thu 7:20

SilverCity, 2385
City Park Dr.

The Addams Family (STC) Sat 11
Captain Phillips (14A) Fri-Tue 1:50-4:50-7:50-10:45 Wed 4:50-7:50-10:45 Thu 1:50-4:50-7:50-10:45 Star & Strollers Screening Wed 1
Carrie (14A) No Passes Fri-Sun 12:45-3:15-5:45-8:25-10:50 No Passes Mon 12:50-3:15-5:45-8:25-10:50 No Passes Tue 12:45-3:15-5:45-8:25-10:50 No Passes Wed-Thu 12:50-3:15-5:45-8:25-10:50 No Passes Fri-Sun 12-2:25-4:55-7:35-10:05 No Passes Mon 2:25-4:55-7:35-10:05 No Passes Tue 12-2:25-4:55-7:35-10:05 No Passes Wed-Thu 2:25-4:55-7:35-10:05
Cloudy With a Chance of Meatballs 2 (G) Fri 1:45-4:15-7:05-9:40 Sat 11:20-1:45-4:15-7:05-9:40 Sun-Thu 1:45-4:15-7:05-9:40
Cloudy With a Chance of Meatballs 2 3D (G) Fri-Sun 12:25-2:50-5:15-7:40-10:10 Mon 2:50-5:15-7:40-10:10 Tue 12:25-2:50-5:15-7:40-10:10 Wed-Thu 2:50-5:15-7:40-10:10
The Counselor (14A) No Passes Thu 10
Don Jon (18A) Fri 1:10-3:30-5:55-8:15-10:45 Sat 3:30-5:55-8:15-10:45 Sun 1:10-3:30-5:55-8:15-10:45 Mon 1:10-3:30-10:15 Tue-Wed 1:10-3:30-5:55-8:15-10:45 Thu 1:10-3:30-5:45-10:45
Escape Plan (14A) Fri 1:40-4:30-7:30-10:20 Sat 11-1:40-4:30-7:30-10:20 Sun-Thu 1:40-4:30-7:30-10:20
The Family (14A) Fri-Sun 12:05-2:45-5:30-8:10-10:45 Mon 2:45-5:30-8:10-10:45 Tue 12:05-2:45-5:30-8:10-10:45 Wed 2:45-5:30-8:10-10:45 Thu 1:50-4:25-7
The Fifth Estate (14A) No Passes Fri-Tue 1:15-4:10-7:15-10:25 No Passes Wed 4:10-7:15-10:25 No Passes Thu 1:15-4:10-7:15-10:25 Star & Strollers Screening, No Passes Wed 1
Funny Girl (STC) Mon 7
Gravity 3D (PG) Fri-Sun 11:55-2:20-4:40-7-9:30 Mon 2:20-4:40-7-9:30 Tue 11:55-2:20-4:40-7-9:30 Wed-Thu 2:20-4:40-7-9:30
Gravity: An IMAX 3D Experience (PG) Fri-Thu 1-3:20-5:40-8-10:25
Jackass Presents: Bad Grandpa (STC) Thu 9
Machete Kills (14A) Fri-Tue 4:35-10 Wed 3:50-10:20 Thu 4:35-10
National Theater Live: MacBeth - Encore (STC) Sat 12:30 Wed 6:45
Prisoners (14A) Fri 12:30-3:50-7:10-10:30 Sat 12:20-3:50-7:10-10:30 Sun 12:30-3:50-7:10-10:30 Mon 12:50-4-7:15-10:30 Tue 12:30-3:50-7:10-10:30 Wed-Thu 12:50-4-7:15-10:30
RiffTrax Live: Night of the Living Dead (STC) Thu 8
The Right Kind of Wrong (14A) Fri-Sun 11:50-2:10-7:20 Mon 2:10-7:20 Tue 11:50-2:10-7:20 Wed 1:30 Thu 2:10-7:20
Runner Runner (14A) Fri 1:20-3:40-6-8:20-10:40 Sat 11:05-1:20-3:40-6-8:20-10:40 Sun 1:20-3:40-6-8:20-10:40 Mon 3:40-6-8:20-10:40 Tue-Thu 1:20-3:40-6-8:20-10:40
Rush (14A) Fri 2:15-5:10-8:05-10:50 Sat 11:30-2:15-5:10-8:05-10:50 Sun 5:10-8:05-10:50 Mon-Tue 2:15-5:10-8:05-10:50 Wed 12:55-3:40-10 Thu 2:15-5:10-8:05-10:50
Spartacus - Bolshoi Ballet (STC) Sun 12:55
Un plan parfait (STC) Mon 1-7
We're the Millers (14A) Fri 2:30-5:20-7:55-10:40 Sat 11:45-2:30-5:20-7:55-10:40 Sun 2:30-5:20-7:55-10:40 Mon 1:50-4:25-10:20 Tue-Wed 2:30-5:20-7:55-10:40 Thu 12:55-3:35-6:10

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Captain Phillips (14A) Digital, Dolby Stereo Digital, No Passes Fri 3:10-6:15-9:30 Digital, Dolby Stereo Digital, No Passes Sat-Sun 12-3:10-6:15-9:30 Digital, Mon 6:20-9:30 Digital, Tue 12-3:10-6:15-9:30 Digital, Wed-Thu 6:20-9:30
Carrie (14A) Digital, Dolby Stereo Digital, No Passes Fri 4-7:10-10 Digital, Dolby Stereo Digital, No Passes Sat-Sun 1:10-4-7:10-10 Digital, Dolby Stereo Digital, No Passes Mon 7:10-9:45 Digital, Dolby Stereo Digital, No Passes Tue 1:10-4-7:10-10 Digital, Dolby Stereo Digital, No Passes Wed-Thu 7:10-9:45
Cloudy With a Chance of Meatballs 2 (G) Digital, Fri 9:15 Digital, Sat-Sun 12:30-9:15 Digital, Mon 8:45 Digital, Tue 12:30-9:15 Digital, Wed-Thu 8:45
Cloudy With a Chance of Meatballs 2 3D (G) Fri-Sun 3:30-6:30 Mon 6:40 Tue 3:30-6:30 Wed-Thu 6:40
The Counselor (14A) Digital, Dolby Stereo Digital, No Passes Thu 10
Escape Plan (14A) Digital, Fri 3:50-6:50-9:50 Digital, Sat-Sun 1-3:50-6:50-9:50 Digital, Mon 6:50-9:50 Digital, Tue 1-3:50-6:50-9:50 Digital, Wed-Thu 6:50-9:50
The Fifth Estate (14A) Digital, Dolby Stereo Digital, No Passes Fri 3:20-6:40-9:45 Digital, Dolby Stereo Digital, No Passes Sat-Sun 12:10-3:20-6:40-9:45 Digital, Dolby Stereo Digital, No Passes Mon 6:30-9:35 Digital, Dolby Stereo Digital, No Passes Tue 12:10-3:20-6:40-9:45 Digital, Dolby Stereo Digital, No Passes Wed-Thu 6:30-9:35
Gravity (PG) Digital, Fri 3:45-6:20 Digital, Sat-Sun 1:15-3:45-6:20 Digital, Mon 6 Digital, Tue 1:15-3:45-6:20 Digital, Wed-Thu 6
Gravity 3D (PG) Fri 4:15-7-9-9:40 Sat-Sun 12:45-4:15-7-9-9:40 Mon 7-9:10-9:40 Tue 12:45-4:15-7-9-9:40 Wed 7-9:10-9:40 Thu 9:10-9:40
Il pleut des hamburgers 2 (G) Digital, Sat-Sun 12:15 Digital, Tue 12:15
Jackass Presents: Bad Grandpa (STC) Digital, Dolby Stereo Digital, No Passes Thu 9
Machete Kills (14A) Digital, Fri-Sun 10:10 Digital, Mon 9:20 Digital, Tue 10:10 Digital, Wed-Thu 9:20
Prisoners (14A) Digital, Fri 4:20-8 Digital, Sat-Sun 12:50-4:20-8 Digital, Mon 7:15 Digital, Tue 12:50-4:20-8 Digital, Wed 7:15 Digital, Thu 6:05
The Right Kind of Wrong (14A) Digital, Fri 4:10-7:15 Digital, Sat-Sun 1:20-4:10-7:15 Digital, Mon 6:45 Digital, Tue 1:20-4:10-7:15 Digital, Wed-Thu 6:45
Runner Runner (14A) Digital, Fri-Sun 3-6-8:45 Digital, Mon 6:10-9 Digital, Tue 3-6-8:45 Digital, Wed 6:10-9 Digital, Thu 6:10

Jamie Oliver helps you eat on the cheap

New cookbook. British chef halted one of the 'most beautiful books' he's ever written to give his fans what they wanted — frugal fare

Jamie Oliver is promoting his new book and show Save With Jamie. CONTRIBUTED

Jamie Oliver didn't plan on writing a cookbook about money-saving meals, but was drawn to the project through countless requests via his website and other social media for "really affordable, delicious, tasty food."

In fact, earlier this year the celeb U.K. chef shelved what he calls "one of the most beautiful books I think I've ever written" to focus on Save with Jamie, a new cookbook and TV series being shown Sunday mornings on Food Network Canada that teaches people how to shop smart, cook clever and waste less.

"I convinced my publisher to allow me to just literally for five months live, breathe and just literally go through the kind of inventory in your average supermarket and look at what was available and then to write recipes that were exciting and dynamic and tasty but by default were really economical and working out per portion a fraction of the price of a junk food takeaway," he said during a visit to Toronto.

In a telephone interview ahead of a round-table discussion with various media outlets in Chatelaine magazine's kitchens, Oliver said home cooks can save a lot of money making recipes from the book, published by HarperCollins.

"They're not just economical dishes that are delicious but also looking at how to plan your week better, how to cut waste, how to look at leftovers in a completely different pair of eyes really."

The married father of four laments the amount of food thrown out by consumers.

"Certainly in Britain — it's probably very similar in Canada — the average Brit wastes 40 per cent of everything they buy. That's a load of money to be saved right there."

Taste testing

Once Oliver comes up with a recipe, it's tested about six times by members of his food team and then sent out to strangers at all different levels of cooking for more testing. "I think the testing is the most important bit in a way," he says. "When the public are going and spending their hard-earned money on ingredients, they want the recipe to work and I'm very, very conscious of that."

For the book — his 15th — Oliver and his team came up with 120 meals and put them together in six categories: vegetable, chicken, beef, pork, lamb and fish. There are plenty of tips about stocking a kitchen with everything needed in terms of ingredients and supplies to help with cooking from scratch.

Oliver offers advice on shopping wisely, like getting to know your local grocer, butcher, fishmonger and market, as well as how to stretch ingredients further and use them up. Calories and nutritional information are given too.

"The public are really busy and they want good clear information in nice bite-sized chunks and I really try to give them that."

He adds an international flavour, deriving inspiration from "beautiful food from around the world."

"I quite like some of the flavours and techniques from Persia and that part of the world, which is really exciting at the moment," he said.

"And then obviously with this particular book, literally what I did was buy everything that was quite good value per kilo and put it in a room, and then like right, that's my pantry, let's cook some great food, and that's what we did."

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Not nearly Time to say Goodbye ...

Q&A. Famous tenor and singer-songwriter Andrea Bocelli talks about loving each song equally and why his loyalty lies with Opera

SZONJA KREZINGER
Metro World News in Hungary

Well known Italian tenor and singer-songwriter Andrea Bocelli was born with poor eyesight and became blind at the age of 12 following a football accident. But since those early setbacks he found fame by winning the Newcomers section of the Sanremo Music Festival in 1994. Since gaining that platform he has recorded 14 solo studio albums and sold more than 80 million records worldwide and is still only 55. He took some time from his busy schedule to chat to Metro.

What do you like to sing more? Opera or your pop songs?
My first encounter with music during my childhood was with the popular voices of the great interpreters of the 20th century — from Enrico Caruso to Beniamino Gigli; from Tito Schipa to Franco Corelli and Mario Del Monaco. When I was about 20, I started to perform pop (a genre of music I did not know before). I would then perform them in the venues where, to pay for my singing lessons, I used to play as a pianist. Basically, instead of comparing pop and classical music I prefer to distinguish between good and bad music. My preference is, however, for opera. It is something that I feel as written in my genes.

How does it feel to sing with pop stars like Jennifer Lopez when your real home is opera, not the pop business?
I am honoured that Jennifer Lopez found time to record Quisaz Quisaz Quisaz, and also for the passion she has put in it, turning it into a jewel, a small masterpiece.

Andrea Bocelli's heart lies with Opera but he still enjoys singing pop music. GETTY IMAGES

Jennifer's voice is a charismatic one having a soft sensuality. In a life I have dedicated to the pursuit of beauty, I think I have learned to read a voice as if it were a book, ready to be flipped through to reveal its contents. So I think I can say I know a bit about the personality of those who express themselves by singing. Because the voice is a mirror to the soul.

Which of your own songs do you like to perform the most?
Each song has its own story and can arouse particular emotions and many memories. In order to perform a song at my best, I must first make it mine. I must believe in it. In one word I must love it. Therefore I could say that every time I perform a song, that one becomes my favourite one.

What does Time to say Goodbye mean to you, besides the fact that this was the song that made your voice known all over the world?
I am grateful to that song and I am fond of it. Despite its having followed me for my entire pop career, I am still not yet tired of singing it.

Is there an orchestra you like to perform the most with?
I have had the good fortune to work with some of the most important orchestras in the world, each with its own characteristics, with a particular type of sound. I have learned something from each of them. Whenever I am in a theatre or in an arena and I am able to mix my voice with the sound of an orchestra, it feels as wondrous as if it was my first time performing.

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Cyndi Lauper still her Unusual self

Still having fun. The Girls Just Wanna Have Fun singer talks about recording her first album and how her breakout hit almost wasn't even hers

PAT HEALY
Metro World News

Cyndi Lauper, 30 years ago. THE ASSOCIATED PRESS

To celebrate the 30th anniversary of her breakthrough solo debut, Cyndi Lauper is not only performing She's so Unusual in its entirety, but she's also sharing stories that may make listeners exclaim that title phrase.

"When I recorded She Bop I wanted the producers to run a wire from the control booth to the rehearsal room where Kiss had their stuff," she remembers. "I felt comfortable enough to sing freely because I was uninhibited and nobody was watching. … So I wound up actually taking my shirt off to feel free, which is hard to explain to a man, because you grow up and you take your shirt off whenever you want and women can't so that freedom you never feel as an adult."

The story even gets a little more unusual.

"Actually, I tickled myself to make myself laugh," Lauper reveals with an echo of the laugh that's captured in the song.

"I mean it was so ridiculous I just started laughing. So that is the laugh on the song and then of course as soon as that album became popular and She Bop became popular then all of a sudden there's a lot of people laughing on their albums and I always used to think to myself, 'Well I know what I was doing, but what were they doing?'"

But what is probably most unusual about Lauper doing an Unusual tour at this point in her career is that she has achieved so much recently by looking forward.

She wrote the lyrics and music for the Broadway smash Kinky Boots, which won six Tony awards this year.

"With the success of the show on Broadway and the Tonys I feel like people actually do want to hear my new music, and I have a venue for it, so it doesn't feel like an oldies show that I have to do," she says.

"This is the first time I've done anything like this and it will probably be the last. It's an interesting journey for me to look back."

Girls Just Wanna Have Fun was originally written and sung by a man, Robert Hazard, and the message of the song was quite misogynistic.

"I said, 'The way Robert recorded this, it's not gonna work,'" Lauper recalls telling her producer. "And he looked at me and said, 'Well, think of what it could mean. It could be an anthem.'"

Strip down and sing

"I felt comfortable enough to sing freely because I was uninhibited. ... So I wound up actually taking my shirt off to feel free."

Cyndi Lauper
Talking about recording She Bop

Cyndi Lauper is celebrating the 30th anniversary of her breakthrough solo debut. CONTRIBUTED

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3 songs for the weekend

SOUND CHECK
Alan Cross
scene@metronews.ca

File this week's tracks under Numanoid, True Blood moonlighting and sinister incantations

I Am Dust/ Gary Numan

While he'll forever be remembered for songs like Cars, this track from his new Splinter album will explain why guys like Trent Reznor still love him.

Free Your Mind/Cut Copy

Australia's Cut Copy got True Blood star Alexander Skarsgård to appear as a creepy half-naked baptizer in this Primal Scream-like single.

The Call of the First Aethyr/ Aleister Crowley

Back in the early 1900s, the infamous spiritualist recorded a series of incantations as wax recordings. They're now being reissued on vinyl just in time for Halloween. Be careful.

The Tenors. Win a chance to see the group perform in Vancouver

The Tenors have teamed up with Big Brothers Big Sisters. GETTY IMAGES

Want to see The Tenors live? Metro is giving you the chance to see the Canadian group perform in Vancouver. The contest comes as the musical foursome has teamed with Big Brothers Big Sisters of Canada to record the single I Thank You, with 50 cents of each digital song download going to support the organization.

Big Brothers Big Sisters highlights the importance of mentors in a child's life by providing volunteer opportunities to adults to be a friend and positive role model to Canada's youth.

Visit metronews.ca/scene to see a video of The Tenors performing I Thank You, and for a link to buy the single. For a chance to see them perform in Vancouver, go to clubmetro.com. METRO

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scene@metronews.ca

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From religious text to movie posters to computer screens, this charming puzzle story turns the history of typography into an adventure of pitfalls, water wheels, cart rides and spike traps.

A splash of neon on a dark disco blueprint

Unlikely influences. Sunshine pop? ZZ Top? Franz Ferdinand's new disc is full of surprises

PAT HEALY
Metro World News

Do not buy the deluxe edition of Franz Ferdinand's latest album Right Thoughts, Right Words, Right Action.

That advice comes directly from front man Alex Kapranos.

Sure, you may be tempted to spend three extra dollars for 13 extra songs, but if you don't buy the standard 10-track version you'll be missing the impact of the final phrase that Kapranos sings on Goodbye Lovers and Friends.

"Oh no," he says when he learns from Metro that the iTunes version features live renditions of some of the album's best tracks and a few old favourites. His voice has a descending note of disappointment that is hardly ever heard in his singing.

"The album was supposed to end with that last line, 'Goodbye lovers and friends, you can laugh as if we're still together, but this really is the end.'"

That sounds like the sort of cryptic last line that would be fitting for a band's swan song, but Kapranos insists that isn't so. "We just wanted a definitive ending for the album," he says, "not for the band."

Right Thoughts is quite the opposite of an ending for the Glasgow quartet. Sonically, it's a splash of neon upon the dark disco blueprint that initially earned the band acclaim at the turn of this century. Kapranos says it's because the label allowed Franz Ferdinand to trust their own instincts. "We were under observation for our second and third records," he says, "but the label left us alone for this one."

The album is full of surprises like sunshine pop and even a song that draws from the unlikeliest of influences.

"Oh, you mean Evil Eye," asks Kapranos. "Yeah, I could see where you'd think that sounds like ZZ Top."

But underneath this freedom, and the surf-rock keyboards, major chords and lush vocal harmonies that characterize the band's fourth album, there is something menacing.

A song like Fresh Strawberries starts sweetly enough, with Kapranos comparing the human condition to fruits "turning riper in the bowl" but quickly turns to the fruits rotting and the singer professing, "I believe there's nothing to believe."

As for Kapranos, he says the song is about "searching for an answer," but he won't admit whether or not his own world view is this cynical.

He will, however, point out that not everything he sings should be taken at face value. In Goodbye Lovers and Friends he begins by singing, "Don't play pop music, you know I hate pop music."

"I obviously don't hate pop music," he says.

Alex Kapranos, of Franz Ferdinand, definitely doesn't hate pop music.
GETTY IMAGES

When the cat's away...

"We were under observation for our second and third records, but the label left us alone for this one." Franz Ferdinand front man Alex Kapranos

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Ottawa portion of contest closes November 4, 2013. Open to Canadian residents, excluding Quebec, 21 years or older. No purchase necessary. Odds of winning depend on the number of eligible entries. Go to www.clubmetro.com to enter and fill out entry form, including skill-testing question. There is one (1) Grand Prize of a trip for two to Las Vegas, which includes return airfare, six nights of hotel accommodation at The Las Vegas Hotel and Casino, two tickets to see comedian Carlos Oscar at The Shimmer Cabaret Room and dinner for two at Vince Neil's Tatuado, valued at approximately $6,000 CAD (based upon departure from Halifax, actual value may vary depending upon time and year of departure).

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Nice try Elle, next time let Melissa show some skin!

THE WORD
Dorothy Robinson
scene@metronews.ca

Oh! Hey! Elle put an overweight woman on their cover — the fantastically amazing Melissa McCarthy. Kudos to them! But sadly, they also covered her up so much on their annual Women in Hollywood issue that it looks like she's wearing a sleeping bag. Think about it — they would have never let Sandra Bullock not show any skin. So, the public outcry has begun! But not without Elle defending their choice to style McCarthy in a Marina Rinaldi coat. "On all of our shoots, our stylists work with the stars to choose pieces they feel good in, and this is no different: Melissa loved this look, and is gorgeous on our cover," a spokesperson for Elle said in a statement. "We are thrilled to honour her as one of our Women in Hollywood this year."

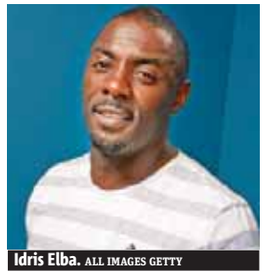
Director fails to keep assailants at Bay during Hong Kong scuffle

Hong Kong has not been the most welcoming place for Michael Bay, who is in the city to film the fourth Transformers film. The director sustained injuries to the right side of his face after being attacked by two men, according to Reuters. The men reportedly claimed Bay owed them compensation for filming in the Quarry Bay area. "When the movie crew was filming, one of the arrested persons was seeking (around $13,264), leading to a scuffle. Another arrested person suddenly attacked him," a police statement reads. Bay did not seek treatment for his injuries, and filming continued following the arrests.

Michael Bay

I've tried every drug there is, says candid Elba

Idris Elba isn't shy about his personal history with drugs, telling Playboy it's quite extensive. "I'm not going to lie — I've tried everything, just between you, me and the people who read this magazine," he says. "I've tried it all. I played one of the biggest drug dealers in the world on TV (on The Wire), so you think I'd know what I was talking about."



Idris Elba. ALL IMAGES GETTY

Robert Pattinson

Scent of a woman: Robert channels his inner Pacino when looking for a partner

When it comes to finding a woman attractive, Robert Pattinson trusts his nose. "It doesn't necessarily have to be perfume," he tells Portugal's Activa magazine. "I like the smell of people. It is really strange and I'm sure it has to do with pheromones. We like people because subconsciously we like the way they smell. I always find this very interesting to observe."

Taylor Swift

The truth is Styles was Swift's silver medal

Taylor Swift famously dated and split from One Direction star Harry Styles, inspiring the tune I Knew You Were Trouble, but according to a new report Styles was actually her back-up target within the popular boy band. "Taylor had her eye on Zayn Malik," a source tells Life & Style magazine. "When Zayn found out she was interested, he turned her down. That's when she swooped in on Harry."

Twitter

@mcgregor_ewan
'Black Fish' and 'The Cove' should be watched before deciding to take your kids to any sea life parks.

@JuddApatow
Don't tell anyone but I don't like helping my kids with their homework. I worked so hard to get out of school. I don't want to do it again!

@MarkDuplass
Brooklyn autumn is so nice. Crisp air, leaves turning, a bunch of neurotic indie filmmakers impatiently waiting to hear from Sundance.

Stuff 'em, Tex Mex style

EAT 3

Tex Mex Stuffed Potato Skins

This recipe serves four. ROSE REISMAN

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

Baked potatoes are a nutritious way to eat the vegetable. Removing the pulp and filling them with a Tex Mex bean and vegetable stuffing as well as some melted cheese creates a great vegetarian meal. You can also add some cooked ground beef or diced cooked chicken if you'd like.

Part of this dish can be prepared ahead by baking the potatoes up to a day in advance. All you have to do is complete the recipe just before serving.

1. Preheat the oven to 450 F.

2. Wrap the potatoes in foil and bake directly on the oven rack for 45 to 50 minutes. Alternatively, prick each potato with a fork several times and microwave on High for 10 minutes or until soft.

3. When the potatoes are cool enough to handle, carefully scoop out the flesh, leaving about 1/4 inch of potato and the skin intact. Save the potato flesh for another purpose.

4. Lightly coat a small skillet with cooking spray, add the oil and set over medium heat. Add the onion and sauté for 5 minutes. Add the red pepper, jalapeno and garlic, and sauté for 3 minutes or just until soft. Transfer to a large mixing bowl.

5. Add the black beans, salsa, green onions and cilantro, and stir to combine. Fill the potato skins with the bean filling and sprinkle with the cheese. Bake for 10 minutes or just until heated through and the cheese is melted. Serve with sour cream.

Nutritional analysis

Per serving:

- Calories: 317
- Protein: 11 g
- Fibre: 8.9 g
- Total fat: 11 g
- Cholesterol: 24 mg
- Sodium: 375 mg

Ingredients

Prep time: 10 minutes
Bake time: 60 minutes

- 4 russet potatoes
- 2 tsp vegetable oil
- 1 cup diced onion
- 1/2 cup diced red bell pepper
- 2 tsp finely chopped jalapeno pepper
- 1 tsp finely chopped garlic
- 1 cup canned black beans, drained and rinsed
- 3/4 cup medium salsa
- 1/3 cup chopped green onions
- 1/4 cup chopped cilantro
- 3/4 cup shredded aged cheddar cheese
- 1/4 cup low-fat sour cream

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Cardinals rookie Michael Wacha throws during Game 2 of the NLCS last Saturday in St. Louis. JEFF CURRY/GETTY IMAGES

Cards' Wacha wants one more big start

MLB. Cardinals look to rookie pitcher to put the Dodgers away in Game 6 of the NLCS

For four straight starts, Michael Wacha has been all but untouchable and appeared totally oblivious to the stakes.

The St. Louis Cardinals need one more just like that from the pressure-proof rookie to get to the World Series for the second time in three years.

Wacha outpitched NL Cy Young front-runner Clayton Kershaw in Game 2 and the Cardinals won 1-0 on an unearned run to take a 2-0 series lead. They're matched again in Game 6 Friday night, the precocious right-hander and the lefty who'd be at the top of anyone's list to work a must-win.

This time, the Cardinals lead the Los Angeles Dodgers 3-2.

"I just expect Michael to go out and do what he's done, just like the rest of our guys," manager Mike Matheny said. "Stick with what you've done all along the way, and don't ignore and don't deny the excitement."

The Dodgers brought the series back to St. Louis by muscling up on offence, with Adrian Gonzalez hitting two of their four homers in a 6-4 Game 5 victory Wednesday.

Wacha is 2-0 with a microscopic 0.64 ERA in the postseason, allowing just six hits in 14 innings with 17 strikeouts. Counting his last start of the regular season, when he was one out shy of a no-hitter, makes it 3-0 with an 0.42 ERA.

THE ASSOCIATED PRESS

Go to metronews.ca for coverage of the ALCS Game 5 between the Red Sox and Tigers.

Out of the shadows...

Runs figure to be hard to come by in Game 6, although pitchers won't have shadows as an ally with a 7:37 p.m. CDT start.

- Game 2 had a late afternoon start with shadows creeping across Busch Stadium especially in the early innings and lights providing no real help, plus there was fatigue from the Cardinals' 13-inning win to open the series.

NHL

Jets' Kane not hurt badly, but may miss Friday's game

The Winnipeg Jets didn't know Thursday whether they'd have Evander Kane for the St. Louis Blues this week, but they were still relieved their star forward wasn't seriously injured.

"It turned out to be a day-to-day injury, not severe, let's put it that way," coach Claude Noel said after practice.

Kane went down during practice the day before, after getting tangled with Anthony Peluso on the boards, and had to be helped off the ice, favouring his right leg.

Noel said the left winger's status for Friday's game was uncertain but he hadn't been ruled out.

THE CANADIAN PRESS

FIFA

Canadian men plummet in world soccer rankings

Canada fell to an all-time low in the FIFA rankings Thursday for the second straight month, dropping five positions to No. 111. The Canadians stand 12th in the CONCACAF region, which covers North and Central America and the Caribbean.

Going into the Honduras game at San Pedro Sula on Oct. 16, 2012, Canada was ranked 61st in the world and sixth in CONCACAF.

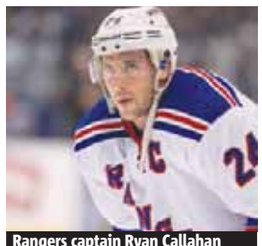
Today, the Canadian men stand a hair above No. 112 Antigua and Barbuda, whose population is some 90,000 compared to Canada's 35 million.

THE CANADIAN PRESS

NHL. Callahan finds scoring touch, gets injured

Rangers captain Ryan Callahan is sidelined again, this time because of a broken thumb.

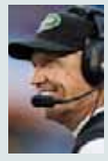
Callahan will be out three to four weeks, the Rangers said Thursday. He was injured in New York's 2-0 win at Washington on Wednesday night, in which he scored his third goal of the season — all in the past two games. He has played in five games overall for the Rangers (2-4). THE ASSOCIATED PRESS



Rangers captain Ryan Callahan GETTY IMAGES

NFL

"I did not tell our players that they couldn't have sex."



New York Jets head coach Rex Ryan has provided plenty of memorable quotes during his four-plus years as coach of the New York Jets. This one, though, might top them all. Newly acquired Josh Cribbs said Wednesday he could tell how much Ryan wants to beat New England, telling his players to put off doing chores until next week. Some players mistakenly thought Ryan implied that sex was also on his banned "honey-do" list.

NFL. QBs Luck, Manning downplay matchup in Indy

The resumés of Andrew Luck and Peyton Manning are strikingly similar.

Their fathers both played in the NFL, they both finished as Heisman Trophy runners-up and were chosen No. 1 overall by the Colts.

So, as the two quarterbacks prepare to meet as opponents for the first time Sunday, they're trying to avoid all the natural questions and comparisons. Not a chance this week.

"I never viewed it as replacing Peyton," Luck said. "It just so happens one of the greats of all time was here before me." THE ASSOCIATED PRESS

Quoted

"He's a heck of a quarterback."

Peyton Manning on Andrew Luck

Dos Santos sequel unlikely after Saturday: Velasquez

UFC 166. Heavyweight champion says three bouts could be enough to settle the score

UFC heavyweight champion Cain Velasquez and Junior Dos Santos will meet for the final fight in their heavyweight trilogy Saturday night in UFC 166.

And whatever the outcome, Velasquez says he won't fight Dos Santos again — at least not anytime soon.

Velasquez says: "I think it will be settled for a while."

Velasquez reclaimed the belt from Dos Santos with a decisive unanimous decision in UFC 155 in December. Dos Santos took the title from Velasquez in the first meeting in November 2011 with a knockout in 64 seconds.

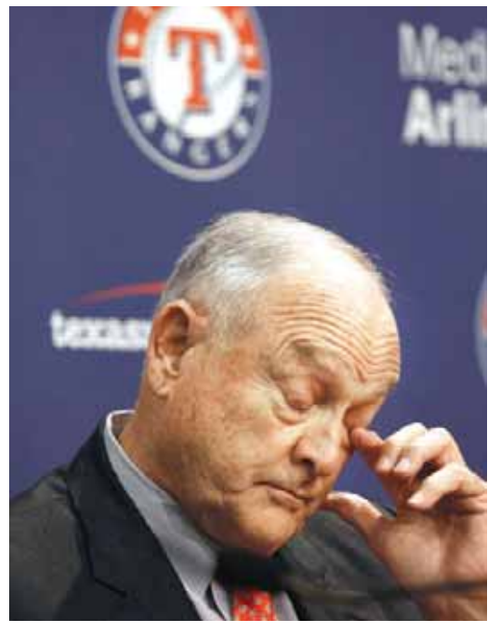
UFC heavyweight champion Cain Velasquez THE ASSOCIATED PRESS

Dos Santos says he made a lot of mistakes in the last fight and that he used those to learn from as he prepared for Saturday's bout.

"The past fights are going to help me a lot because I learned from that," Dos Santos said. "I think the biggest challenge is going to be to stop him. He walks forward all the time and we have to take care of that."

Velasquez is looking to guard against Dos Santos landing that one big punch because he believes that's the only way Dos Santos can win. Seven of Dos Santos's victories in the UFC have come by knockout, which is tied for second-most in heavyweight history.

The Brazilian-born Dos Santos is a big fan of boxing and hopes Saturday's fight helps this trilogy live up to some of the fabled trilogies in boxing history. THE ASSOCIATED PRESS



Ryan hangs the badge

Nolan Ryan is leaving the Texas Rangers again, stepping down as CEO 20 years after ending his Hall of Fame career as a pitcher. In what the team had called a retirement, Ryan said Thursday that he is resigning as chief executive of the Rangers in a move effective at the end of this month. He is also selling his ownership stake in the team to co-chairmen Ray Davis and Bob Simpson. LM OTERO/THE ASSOCIATED PRESS

Soccer

England coach in hot water after racial comments

A day after being feted for guiding England to the World Cup, Roy Hodgson found himself entangled in a racism controversy for making a joke about monkeys during halftime.

England players took to Twitter on Thursday to defend their manager, who was also backed by the English Football Association. But anti-racism campaigners are calling for an investigation into an incident that has taken some of the shine off England's qualification for next year's tournament in Brazil.

Hodgson has apologized after recounting an old joke about space monkeys in the England dressing room during Tuesday's match against Poland, as he attempted to explain how he wanted his players to pass the ball more to winger Andros Townsend.

THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pt
d-Toronto	7	6	1	0	0	27	16	12
d-Pittsburgh	6	5	1	0	0	23	15	10
Detroit	7	5	2	0	0	18	16	10
Montreal	6	4	2	0	0	20	10	8
Tampa Bay	6	4	2	0	0	23	15	8
Carolina	7	2	2	1	2	15	21	7
Boston	5	3	2	0	0	12	8	6
Ottawa	6	2	2	1	1	15	19	6
NY Islanders	6	2	2	0	2	19	17	6
Columbus	5	2	3	0	0	12	12	4
NY Rangers	6	2	4	0	0	11	25	4
Florida	7	2	5	0	0	16	28	4
Washington	7	2	5	0	0	17	24	4
New Jersey	6	0	3	1	2	11	21	3
Buffalo	8	1	6	1	0	11	21	3
Philadelphia	7	1	6	0	0	10	20	2

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pt
d-San Jose	6	6	0	0	0	30	9	12
d-Colorado	6	6	0	0	0	21	6	12
Anaheim	6	5	1	0	0	21	14	10
Chicago	6	4	1	0	1	18	15	9
Phoenix	7	4	2	1	0	20	21	9
St. Louis	5	4	1	0	0	21	13	8
Calgary	6	3	1	1	1	20	20	8
Vancouver	7	4	3	0	0	20	22	8
Minnesota	7	3	2	1	1	17	17	8
Los Angeles	7	4	3	0	0	17	19	8
Nashville	6	3	3	0	0	13	18	6
Winnipeg	7	3	4	0	0	17	19	6
Dallas	5	2	3	0	0	11	14	4
Edmonton	7	1	5	1	0	21	32	3

d — division leader; x — clinched playoff berth. **Note** — division leaders ranked in top

Thursday's results
Vancouver at Buffalo
Edmonton at NY Islanders
Carolina at Toronto
Pittsburgh at Philadelphia
Minnesota at Tampa Bay
Columbus at Montreal
New Jersey at Ottawa
Boston at Florida
Los Angeles at Nashville
St. Louis at Chicago
San Jose at Dallas
Detroit at Colorado
Wednesday's results
NY Rangers 2 Washington 0
Anaheim 3 Calgary 2
Friday's games
All Times Eastern
St. Louis at Winnipeg, 8 p.m.
Phoenix at Anaheim, 10 p.m.
Saturday's games
Vancouver at Pittsburgh, 1 p.m.
Edmonton at Ottawa, 2 p.m.
Colorado at Buffalo, 7 p.m.
Minnesota at Florida, 7 p.m.
Nashville at Montreal, 7 p.m.
Toronto at Chicago, 7 p.m.
Boston at Tampa Bay, 7 p.m.
NY Rangers at New Jersey, 7 p.m.
Columbus at Washington, 7 p.m.
Carolina at NY Islanders, 7 p.m.
Detroit at Phoenix, 9 p.m.
Calgary at San Jose, 10 p.m.
Dallas at Los Angeles, 10:30 p.m.
Sunday's games
Vancouver at Columbus, 6 p.m.
Dallas at Anaheim, 8 p.m.
Nashville at Winnipeg, 8 p.m.

MLB PLAYOFFS

LEAGUE CHAMPIONSHIPS

(Best-of-7 series)

AMERICAN LEAGUE

BOSTON (1) VS. DETROIT (3)

(Series tied 2-2)
Thursday's result
Boston at Detroit
Wednesday's result
Detroit 7 Boston 3
Saturday's game
Detroit (Scherzer 21-3) at Boston (Buchholz 12-1), 4:37 p.m.

NATIONAL LEAGUE

ST. LOUIS (1) VS. L.A. DODGERS (3)

(St. Louis leads 3-2)
Wednesday's result
L.A. Dodgers 6 St. Louis 4
Friday's game — All times Eastern
L.A. Dodgers (Kershaw 16-9) at St. Louis (Wacha 4-1), 8:37 p.m.
Saturday's game
x-L.A. Dodgers (Ryu 14-8) at St. Louis (Wainwright 19-9), 8:37 p.m.

CFL

EAST

	GP	W	L	T	PF	PA	Pt
x-Toronto	15	9	6	0	425	394	18
x-Hamilton	15	8	7	0	384	401	16
Montreal	15	6	9	0	376	419	12
Winnipeg	15	3	12	0	313	486	6

WEST

	GP	W	L	T	PF	PA	Pt
x-Calgary	15	12	3	0	486	349	24
x-Saskatchewan	15	10	5	0	433	325	20
x-B.C.	15	9	6	0	421	390	18
Edmonton	15	3	12	0	349	423	6

x — clinched playoff berth.
Friday's game — All times Eastern
Calgary at Edmonton, 9 p.m.
Saturday's games
Toronto at Winnipeg, 3:30 p.m.
B.C. at Saskatchewan, 7 p.m.
Sunday's game
Hamilton at Montreal, 1 p.m.

NFL

Thursday's result
Seattle at Arizona
Sunday's games
Cincinnati at Detroit, 1 p.m.
San Diego at Jacksonville, 1 p.m.
St. Louis at Carolina, 1 p.m.
Chicago at Washington, 1 p.m.
New England at N.Y. Jets, 1 p.m.
Buffalo at Miami, 1 p.m.
Dallas at Philadelphia, 1 p.m.
Tampa Bay at Atlanta, 1 p.m.
San Francisco at Tennessee, 4:05 p.m.
Cleveland at Green Bay, 4:25 p.m.
Houston at Kansas City, 4:25 p.m.
Baltimore at Pittsburgh, 4:25 p.m.
Denver at Indianapolis, 8:30 p.m.
Monday's game
Minnesota at N.Y. Giants, 8:40 p.m.

MLS

Wednesday's result
Los Angeles 1 Montreal 0
Friday's game — All times Eastern
D.C. at Kansas City, 8 p.m.
Saturday's games
Philadelphia at Montreal, 2 p.m.
Seattle at Dallas, 2:30 p.m.
Vancouver at Colorado, 6 p.m.
Columbus at New England, 7:30 p.m.
Toronto at Chicago, 8:30 p.m.
Salt Lake at Portland, 10:30 p.m.

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Horoscopes

♈ Aries
March 21 - April 20
You will get what you ask for today so make sure you really want it. No matter how outrageous your request, the lunar eclipse in your sign will grant it for you. Does that get your imagination jumping?

♉ Taurus
April 21 - May 21
You will gain in some way today, maybe financially. However, the eclipse warns that what you get may be transitory in nature, so don't get too attached to it. If it's easy come it could also be easy go.

♊ Gemini
May 22 - June 21
You won't be short of ideas or self-belief today. You may, however, be short of the kind of foresight that can save you from making a wrong turn. Make a point of looking ahead.

♋ Cancer
June 22 - July 23
Employers could give you grief today, especially if they sense that you are none too sure of yourself. Visualize yourself as strong and capable. It may be an act but you can pull it off.

♌ Leo
July 24 - Aug. 23
You have wasted too much time and energy on someone who is clearly not going to play ball, so cut them out of your life completely. That may seem a harsh but it's all or nothing.

♍ Virgo
Aug. 24 - Sept. 23
Make a serious effort to resolve any differences of opinion you may have with colleagues. Not only will it make life easier for you on a day-to-day basis but it could also have some very welcome financial results.

♎ Libra
Sept. 24 - Oct. 23
The lunar eclipse in your opposite sign will bring an edge to partnerships and you may want nothing more than to get away from awkward people for a while. So what's stopping you? Just go.

♏ Scorpio
Oct. 24 - Nov. 22
For some strange reason you see plots and conspiracies wherever you look at the moment but are any of them likely to be real? No they aren't.

♐ Sagittarius
Nov. 23 - Dec. 21
Today's eclipse won't mess things up for you as much as it does for others but you need to take care. Above all, don't get emotional about issues that are of little importance in the greater scheme of things.

♑ Capricorn
Dec. 22 - Jan. 20
The quicker you come to a decision about some kind of domestic matter, the more likely it is to be wrong. To be blunt, your senses, including your sixth, are all over the place at the moment so hold fire.

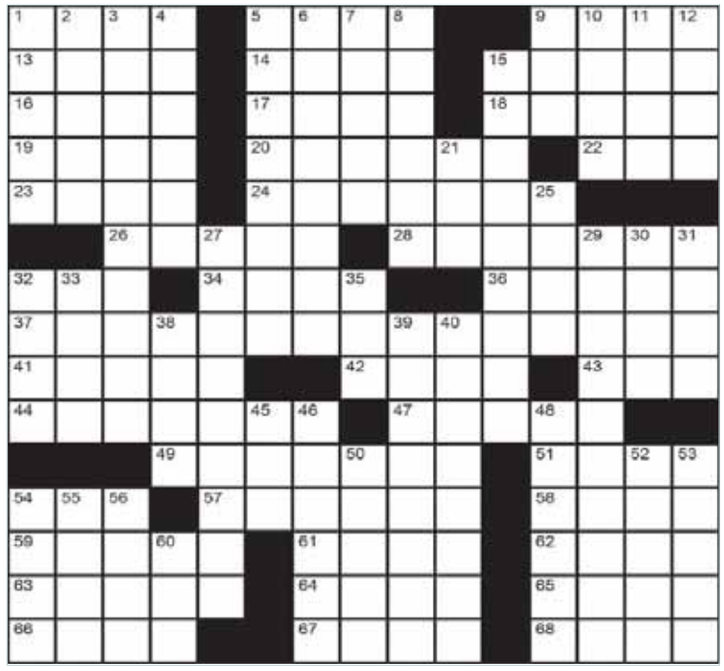
♒ Aquarius
Jan. 21 - Feb. 19
You know where you want to be but you can't work out how you are going to get there from where you are now. Once today's eclipse begins to wane the way ahead will be clear.

♓ Pisces
Feb. 20 - March 20
Someone will come to you with a sob story and, of course, you will do what you can to make them feel better. But don't give them money or you may never see it again. Be nice but be smart too. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

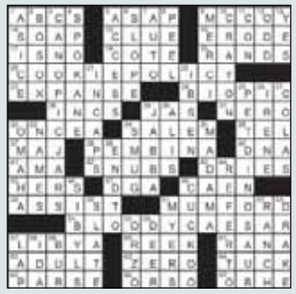
BY KELLY ANN BUCHANAN



Across
1. Test product
5. Chips __! (Chocolate chip cookie)
9. "I __ Fine" by The Beatles
13. Toronto-born actor Mr. McCormack
14. Read: French
15. Canadian poet, Al __ (b.1918 - d.2000)
16. Formerly, fancily
17. Taj Mahal's site
18. Kind of bay window
19. Somewhat, in music
20. __-tip marker
22. Hydrocarbon suffix
23. Swill
24. On the line: 2 wds.
26. Gunpowder component
28. Shake up
32. Long ago time
34. And so on, plurally [abbr.]
36. Fuzzy fruits
37. 1994 movie for Canadian stars Sandra Oh and Callum Keith Rennie: 2 wds.
41. Mother-of-pearl
42. James of "Misery" (1990)
43. No, to a Scot
44. Eno = __ brand
47. "The Price Is __"
49. Doorkeeper
51. Sugarloaf hit: "Green-__ Lady"
54. Will Ferrell comedy, "__ School" (2003)
57. Leisurely walk
58. In the distance
59. Question
61. Wheel shaft
62. Automatic
63. Extinct birds
64. Suit accessories
65. Litigates
66. Slow-cooked meal
67. Tubular water denizens
68. Sea eagles [var. sp.]

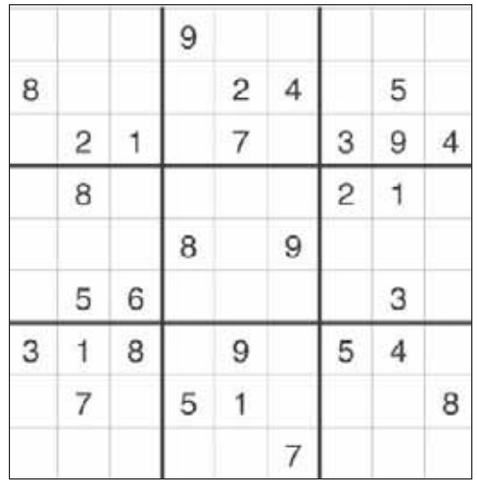
Down
1. Oceanic abysses
2. Mr. Flynn of swashbucklers
3. Wrongdoing
4. Eight-armed sea dwellers
5. Individually, as on menus: 3 wds.
6. Like many modern gadgets
7. Root used in perfumes
8. Bread ingredients
9. Fido's coat
10. Port city in Pennsylvania
11. Old Testament place
12. Country singer Mr. Lovett
15. Walter Ostanek, 'Canada's __ __'
21. All-you-can-__ (Restaurant style)
25. Daughter on "The Waltons"
27. Shows TV shows
29. Kiefer Sutherland TV series ...when spelled-out
30. Ms. Kudrow
31. 'Fin' finisher (Tactfulness)
32. __ Turnblad, role in "Hairspray" (2007)
33. __ Shark
35. Cul-de-__
38. Show off
39. The 49th __
40. Without hurt
45. "The Addams Family" cousin
46. Lessen the value of
48. Coffin-carrying car
50. Spunk
52. Polished off, as food
53. Madonna song: "__ You Up"
54. Gambler's chances
55. Plunder
56. "__, Where's My Car?" (2000)
60. __ and arrow

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

2	3	9	8	4	1	6	5	7
4	6	5	2	7	9	3	8	1
1	8	7	3	5	6	2	4	9
8	5	2	7	9	3	1	6	4
9	1	3	5	6	4	7	2	8
7	4	6	1	8	2	9	3	5
3	7	4	6	1	5	8	9	2
5	2	8	9	3	7	4	1	6
6	9	1	4	2	8	5	7	3

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